# Water Emergency Action Plan

A fill-in emergency plan for a home pool, lake house, camp or event: the address for 911, who calls, where the rescue gear is, and the first steps in order.

**Letter page · For parents, caregivers, camps, faith communities**

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Fill this in before swim season and post it where people swim.

> **Emergency**
>
> Call 911, or point at one person and tell them to call. Shout for help. Reach or throw something that floats. Don't go in.

**Address for 911** (apartment, floor or beach entrance): _____

**Who calls 911:** _____ **Who knows CPR:** _____

**Water Watchers, in order:** _____

**Reaching pole, ring or rope is kept at:** _____

**First aid kit and phone are kept at:** _____

## Step by step

1. Child missing? Check the water first: pool, hot tub, bathtub, pond. Seconds count.
2. Shout for help, alert any lifeguard, and have someone call 911.
3. Reach with a pole or rope from solid ground, or throw something that floats. If you start to be pulled in, let go and start again.
4. Get them out only if you can do it without putting yourself in danger.
5. Alone? The Red Cross says to give 2 minutes of care, then call 911.
6. If you are trained: rescue breaths and CPR; use an AED if there is one.
7. Get a medical check for anyone who needed breaths or CPR, passed out, or has a cough that won't stop, chest pain, trouble breathing, confusion or unusual tiredness.

**What you can do today:** fill it in, then see where to learn CPR and the first minutes.

### Sources

1. Water Safety, American Red Cross. https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html
2. What if someone else falls in?, Minnesota Department of Natural Resources. https://www.dnr.state.mn.us/safety/ice/saving.html
3. Mythical Drowning Terms, Water Safety USA. https://www.watersafetyusa.org/mythical-drowning-terms.html

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