



 A logo beside an item means it can live in the Vivid Vault Pro app.

BEFORE THE FIRST CANNONBALL

- Name a Water Watcher.** One sober adult, eyes on the water, no phone. Set a timer and tag in the next adult after 15 to 20 minutes.
- Touch supervision.** Babies and toddlers stay within arm's reach of an adult who knows how to swim, every second they are in or near water.
- Know who can swim.** Pool toys are not safety devices. Weak swimmers wear a Coast Guard approved life jacket, not floaties.
- Set the rules out loud.** No running. No diving in shallow water. No swimming alone. No swimming with a fresh meal in or alcohol on board.
- Sunscreen squad.** SPF 30 or higher 15 minutes before swim. Reapply every 2 hours and after towelng off.
- Hydration is a vibe.** Water bottles for everyone. Heat plus chlorine plus fun equals fast dehydration.




THE POOL ITSELF

- Four-sided fence.** At least 4 feet high, separating the pool from the house, with a self-closing self-latching gate that opens away from the pool. Latch is 54 inches up.
- Lock the door to the yard.** Add a door alarm or pool alarm as a backup, never as a substitute for the fence.
- Above-ground pools.** Remove or lock the ladder when no one is swimming. Empty kiddie pools after every use.
- Toys in, toys out.** Clear toys, tricycles, and floats out of the pool area when swim time ends. They lure kids back in.
- Drain covers and grates.** Make sure pool and spa drain covers are intact and compliant. Long hair, swimsuits, and limbs get pulled into broken drains.

WHILE EVERYONE IS SWIMMING

- Eyes up, phone down.** Drowning is fast and silent. The Water Watcher does not scroll, sip, or step away.
- Buddy system.** Nobody swims alone, including teens and adults. Lifeguarded pools are best.
- Smart diving.** Feet first the first time. Never dive into shallow water or above-ground pools. Never dive through tubes or rings.
- Watch the heat.** Shade breaks every hour. Watch for cramps, dizziness, headache, or red flushed skin.

IF SOMETHING GOES WRONG

- Reach, throw, do not go.** Reach with a pole or towel. Throw a ring or float. Do not jump in unless you are trained, you can become victim two.
- Call 911. Start CPR.** Every parent and caregiver should know infant, child, and adult CPR. Refresh annually.
- Post the address.** House number visible from the street. Pool gate, phone, and a charged phone close by.
- Emergency contacts.** Set in the app's emergency setting. Include the pediatrician and poison control. 
- Allergies & conditions.** Save a card for any swimmer with seizures, asthma, heart conditions, or severe allergies. 
- Insurance cards.** Front and back photos for every family member. 
- Watch for delayed trouble.** After any near-drowning, get medical care even if the swimmer seems fine. Watch breathing and energy for 24 hours.

Save the safety stack in the Vivid Vault Pro app.

Emergency contacts, allergies, conditions, and insurance ready before the pool gate ever opens.

vividvaulthealth.org