CAPTAIN PAXTON’S WATER SAFETY ADVENTURE!

A Color and Learn Book from the City of North Richland Hills, Texas

NRH
There are lots of ways to have fun in the water like fishing, boating or swimming with someone.

Captain Paxton will help you learn how to be safe around water and have fun!
Captain Paxton loves to swim, would you like to swim with him?

Swim with a buddy every day and an adult - it’s the only way!
Don’t go near the water without a grown-up, not the pool, spa, creek or even a bathtub. Don’t climb a fence around a pool or sneak through a gate, because that’s not cool!
With swim lessons, you’ll swim like a fish, but even good swimmers need to remember this: When you get tired, get out of the water or float on your back and shout for help louder!
Captain Paxton is super cool 
he knows it’s important to follow pool rules. 
Watch out for swimmers all around you 
because it’s the safest thing to do.

Never push or shove around the water, 
be sure to always swim safe with others. 
Don’t hold them under; that’s not safe at all, 
don’t run because you could slip and fall.

911

If someone’s in trouble, you should know what to do, 
don’t jump in, you could go under too. 
Shout for help and let an adult know, 
look for something to throw, don’t go!
A long pole to grab or something that floats could help get them back to other folks.

In an emergency, call 9-1-1 so that people and help know when to come.
Captain Paxton wants you to know without a life vest he won’t go. It’s the most important thing to take to the pool and to the lake.
In the water, stay away from drains, always swim safe and use your brain.

Be water aware when you play, like Captain Paxton every day!
Kids naturally want to do the right thing and teaching them to **never go near water without a grownup** can be the very first line of defense in drowning prevention.

No one step will prevent drowning. To protect your family, put as many **layers of protection** in place as possible around water, and follow the **ABC’s of drowning prevention**.
Active Adult Supervision
Never leave kids alone near water and use a Water Watcher

Barriers to prevent Access
Gates, fences and other tools prevent access to water

CPR & Lessons
Even the best swimmers can benefit from swim lessons

Devices
Use life vests, use safe drain covers and keep safety equipment nearby

Every Day
Practice Prevention through Attention 365 days a year
Introducing NRH WS365.

That’s “Water Safety 365,” which is our commitment to help keep the people of North Richland Hills safe in and around water 365 days a year.

We’ve learned in the hardest way possible that drowning is the leading cause of unintentional death for kids ages 1 - 4. Worse yet, it’s the 5th leading cause overall in children of all ages. Recently, in our city, a four year old boy lost his life in a tragic drowning accident in his own backyard. It happened just like that...quickly and silently, before his mom had time to know.

Drowning is something that always seems to happen to “someone else”. We now realize that all of us are “someone else”. It’s time to educate, empower and inform. It’s time to take a stand against drowning. It’s time for us to say “NOT ONE MORE”. We encourage you to spend a few minutes learning how to stay safe in and around water, all year long, by visiting our website at nrhws365.com.

The mission of the WS365 initiative is to educate and empower our community in water safety to lessen the loss of life through drowning. Our goal is Not One More. Our hope is that other communities and cities across the country will join us in our efforts to become a buoyant city.

nrhws365.com

Your 24/7 online water safety/drowning prevention resource, brought to you by the City of North Richland Hills, Texas.