

DROWNING PREVENTION TIPS

Drowning is the leading cause of accidental death of children ages 1-4*

Help us change this statistic. Share the knowledge.

POOL SAFETY

Constant Supervision

It's not a lack of supervision, but a LAPSE of supervision that can put a child at risk.

Water Watcher

At all times, designate someone to be the water watcher. Take 15 minute shifts.

Fences

Install 4-6 ft. pool fences with self latching & self closing gates.

Remove Temptation

Remove all pool toys when not in use and never leave furniture by the pool for a child to climb over.

Learn CPR

Find a local class online. www.heart.org

No Dog Doors

Remove all pet doors.

Add Alarms & Locks

Install high locks & alarms on ALL doors and windows that lead to the pool. Surface and personal immersion alarms are also available.

Check the Pool First

Always check your pool first if your child is missing.



Dress your child in bright colors.

BEACH SAFETY Check surf conditions before entering the water. Swim in a lifeguard protected area. Teach your child how to survive if caught in a rip current: do not panic, swim parallel to the shore until the current releases them, float if tired.



80% of children under 13 who drowned in boating accidents were not wearing life jackets. ALWAYS wear your jacket.

BOATING SAFETY Wear a Coast Guard approved life jacket around oceans, rivers, lakes, on a water craft and when participating in water sports. Verify the life jacket you purchased will float your child face up. TEST IT. Ensure your boat has one life jacket of the correct size for each person on board. www.uscgboating.org



If your child loves the water, but does not have the skills to save themselves, then the risk of drowning increases.

SKILL THE CHILD Select an effective swimming program that will teach your child to roll on to their back and float face up. Floating is a crucial lifesaving technique. Be cautious of programs that ONLY promote water acclimation. These may create a dangerous situation for your child. Check your instructor's credentials.

Drowning takes the lives of 3 children in the U.S. everyday.*

WATER WATCHER BADGE

I agree to supervise the children in the open water or pool, keeping them in sight at all times. I will not leave the water area without finding an adult to replace me and I will take 15 minute shifts.

EDUCATE YOURSELF
SHARE THE KNOWLEDGE



swimsafenow.com

*Stats from www.safekids.org