



Water can be fun, let's make it safe!

DID YOU KNOW?

Drowning is the single leading cause of death for children ages 1-4 and the second leading cause of injury-related death for children up to age 14. Pediatric drowning is silent, quick and preventable! It can happen in as little as 1 inch of water and within 30-seconds and most drownings take place during non-swimming time.

TRY 5 LAYERS OF PROTECTION:

Supervision:

- Provide active adult supervision 100% of the time when children are near or in the water.
- If a child is missing, always check the water first.
- Assign an adult "water watcher" who knows how to swim.

Water Competency:

- In the water, children who don't know how to swim well should be kept within arm's reach.
- Every child and adult should learn how to swim. Swim lessons can start as early as 1 year of age.
- Teach children never to swim alone and, in open water, to only swim in designated areas.

Barriers & Alarms:

- Use four-sided fencing with self-closing, self-latching gates that separate the pool from the house and yard.
- Install alarms on house doors and around pool areas.
- Remove tempting toys in or around pool areas.

Life Jackets:

- Life jackets protect children when they are not expected to be in the water, like on docks and when boating.
- Inflatable flotation devices such as vests, water wings, rafts and tubes are not effective protection from drowning.

Emergency Preparation:

- Learn infant, child and adult CPR and rescue breathing. In an emergency these can make the difference between life and death.
- To find CPR classes, contact your local Red Cross chapter or American Heart Association.