

# WATER SAFETY



**The problem:** For children ages 1-4, drowning is the #1 cause of accidental death. And it's not just kids- every year, *more than 4000 people in the U.S. die by drowning.* Let's change that.



## What does drowning look like?

Unlike what we see in movies, drowning is fast and quiet. Adults might call out weakly for help and typically go under water in 1 minute from the time they started struggling. *For children, the process is usually 30-45 seconds and entirely silent.*

## How can I tell if someone needs help?



- Their body is upright (in a standing position) in the water
- Their head is tilted up
- Their mouth may be open
- They are moving their arms and legs rapidly but not moving forward



# The Golden Rules



- **Always designate a “water watcher”**, an adult whose sole job is to keep an eye on the kids with NO distractions.
- **Get verbal confirmation of who is supervising** (“Sure, I’ll watch the kids while you get the lemonade”) when you switch “shifts”. *70% of preschool age children that drowned were being “watched” by a parent... but the parent became distracted or the child was briefly left unsupervised.*
- **Restrict access to home pools** (fence your pool at least 4 feet high, install self locking and self closing gates)
- **Ensure your children wear their lifejackets** when fishing, boating, or swimming in a lake or river. *80% of drowning deaths for children under 13 happened when they weren’t wearing lifejackets.*
- **Learn CPR...CPR SAVES LIVES!!!**  
**(click here to learn)**      **(click here to take a class)**

# RULES TO TEACH YOUR KIDS



- **Swim with an adult, never swim alone.**
- **Don't just pack it, wear your jacket!** Wearing a lifejacket at a lake or river is non-negotiable, just like wearing seatbelts in a car.
- **Reach or throw, don't go!** If someone gets into trouble in the water, they are to reach out to them or throw something to them, NOT to swim out to help.
- If you have a pool, teach your children **they are not allowed in the pool area without an adult** present.



# RULES FOR ADULTS

- **Wear your lifejacket at lakes and rivers,** particularly when boating. Many adult drownings occur due to not wearing a lifejacket. Rough water conditions or head injuries can cause even good swimmers to drown.



- **Always swim with a buddy.**
- **Be careful about your cannabis or alcohol use.** If you are too intoxicated to drive, you're too intoxicated to swim.

**Thank you for reading, please share**