



# Summer Time Water Safety

Now that the heat is here and swimming pool usage will soon be in full swing, CESD would like to remind everyone to be careful in and around bodies of water. **DON'T TAKE WATER SAFETY FOR GRANTED!**

**Drowning is a major public health issue that can be prevented.**

- More children ages 1–4 die from drowning than any other cause of death except birth defects.
- Drowning happens in seconds and is **often silent**.
- Drowning can happen to anyone, any time there is access to water.

**You can prevent drowning.**

## **Learn basic swimming and water safety skills**

Formal swimming lessons can reduce the risk of drowning. Children who have had swimming lessons still need close and constant supervision when in or around water.

## **Supervise closely**

Designate a responsible adult to supervise closely and constantly when children are in or near water (including bathtubs). You can assign a specific adult to supervise each child when they have access to water. Adults watching kids in or near water should avoid distracting activities like reading, using the phone, and consuming alcohol or drugs, because drowning happens quickly and quietly.

## **Wear a life jacket**

Life jackets reduce the risk of drowning while boating for people of all ages and swimming abilities. Life jackets should be used by children for all activities while in and around natural water. Life jackets can also be used by weaker swimmers of all ages in and around natural water and swimming pools. Do not rely on air-filled or foam toys, as these are not safety devices.

## **Learn CPR**

Your CPR skills could save someone's life in the time it takes for paramedics to arrive. Many organizations such as [American Red Cross](#) and [American Heart Association](#) offer CPR training courses, both online and in-person.

## **Avoid alcohol**

Avoid drinking alcohol before or during swimming, boating, or other water activities. Do not drink alcohol while supervising children. Alcohol impairs judgment, balance, and coordination.

## **Use the buddy system**

Always swim with a buddy. Choose swimming sites that have lifeguards when possible. The buddy system is especially beneficial for people with seizure disorders or other medical conditions that increase their risk of drowning.

For more information about all kinds of child safety, visit <https://www.cdc.gov/drowning>  
[www.championsfire.org](http://www.championsfire.org)