

It only takes a moment. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in home pools, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.



USA HEALTH  
CENTER FOR  
HEALTHY COMMUNITIES

Water awareness is a way of improving water safety for yourself and those around you through avoiding common dangers, developing fundamental water safety skills to make you safer in and around the water, and knowing how to prevent and respond to drowning emergencies.

## WATER SURVIVAL SKILLS

Teach children the 5 water survival skills.

Make sure kids know how to swim and develop these skills:

- 1 Step or jump into water over his/her head and return to the surface.
- 2 Float or tread water for one minute.
- 3 Turn around in a full circle and find an exit from the water.
- 4 Swim 25 yards to the exit.
- 5 Exit from the water without using the ladder.

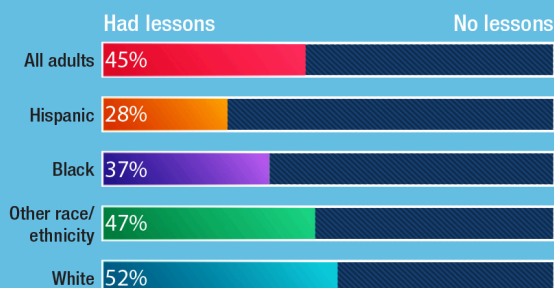


800-504-9768  
ChildrensAL.org/ChildSafety



## LEARN TO SWIM

Over half of U.S. adults have never taken a swim lesson. Basic water safety skills is an effective way to prevent drowning.



#CDCSummerSafety

As you can see there are not many people that have completed swimming lessons, or know the 5 steps to keep themselves from drowning. The five skills above are good for both adults and children. Having some minor skills to keep yourself afloat can be the difference between enjoying the water or potentially drowning.

We want you to enjoy the water and stay cool during the summer. Be Smart, Be Safe, Be Aware of what is happening around you.

## Tips and Lessons to stay safe:

1. If you aren't a strong swimmer, do not attempt to jump in the water to save somebody. You may put yourself and the other person in a dangerous situation. Call 911. Do not expect someone else to call 911. In the meantime, shout for help and help identify where the person is struggling. If you can, find something that floats you can take into the water.
2. Do not swim alone, or if you are in the water alone then someone needs to be watching the water.
3. Do not swim intoxicated on any substances. Be careful of any medications you are taking.
4. When someone begins to panic in the water, there can be two different physical effects that can happen. If a person begins to hyperventilate, they panic and begin to thrash. This will tire them out and they will begin to grab and push to get up out of the water. Bring something that floats, a life jacket, boogie board, or a floating pool toy can help. Let them grab it instead. The other effect is blackout, they pass out and are very vulnerable to drowning. In this scenario, they don't thrash. Flip them over while swimming/dragging them to shore then begin CPR.


### Benefits Of FLOATING

**Survival in Emergencies**

It buys time in water emergencies by helping a person stay afloat until help arrives.

**Improves Confidence in the Water**


Floating builds confidence, making it easier to learn other swim skill




Prevention of Fatigue	Foundation for Learning to Swim	Reduction of Water Fear
Floating helps children stay calm in the water, allowing them to breathe and conserve energy instead of panicking.	It creates a strong foundation for all water safety, teaching children how to control their bodies and stay safe even before they learn to swim.	Learning to float can transform fear into trust, giving kids a foundational skill that lowers the risk of drowning and increases their sense of security.

## American Red Cross Troubled Waters: Many Americans Lack Basic Water Safety Skills


Many of those polled in a recent American Red Cross survey believe the myths about water safety...




**63%**  
of families with children will swim somewhere without a lifeguard on duty



**67%** believe "water wings" keep kids safe in the water



**93%** were unable to identify the correct order of steps for helping a swimmer in danger




**11%** think it's OK to read or talk on the phone when supervising children in the water


How many Americans have taken swimming lessons?


Whites	Hispanics	African Americans
56%	49%	32%

**Almost half** say they've had an experience where they were afraid they might drown.



**What to do:**  
If you see a swimmer in distress, shout for help, reach or throw the person a rescue or flotation device, tell them to grab on to it and call 9-1-1 if needed. Give care as needed.





**For 1 in 5** households with children 3-17, none of the children can swim.

**Be water safe this summer.**  
Learn more at [redcross.org/watersafetytips](https://www.redcross.org/watersafetytips)

Note: All findings based on a telephone survey of 1,011 U.S. adults 18 years and older on April 11-14, 2013. Comparison findings based on a telephone survey of 1,002 adults 18 years and older on March 20-23, 2009.

**Sources:**

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html?srsltid=AfmBOoplVmCugy-8ceBWFWCinMFrl6rRCoawPEbVokRNjk8ujM75ehjj>  
<https://www.cdc.gov/healthy-swimming/safety/index.html>  
<https://www.childrensal.org/water-safety>