

# WATER SAFETY





# **DROWNINGS**

- **75% of Drownings happen to children between 1 & 3 Yrs. old.**
- **69% not expected to be near the pool, yet later found in the water.**
- **20 Seconds to drown. Less time than it takes to answer the phone**
- **75% Missing from sight for less than 5 minutes.**



# **DROWNING - NUMBERS**

- **300 CHILDREN PER YEAR UNDER 5 YR OLD IN RESIDENTIAL POOLS.**
- **2,000 CHILDREN TREATED IN EMERGENCY ROOMS FOR POOL RELATED ACCIDENTS**





# GOING UNDER

**...or into the water this summer?**

Here are a few tips to make your swimming experience a safe one:

- Swim in authorized swimming areas only
- Never swim alone
- Avoid the cold water temp.; limit exposure
- Obey “no diving” signs - know water depth and obstructions Know your limits and stay within them
- Keep an eye on weaker swimmers
- Alcohol and water DON'T mix
- Do not chew gum or eat while swimming
- Watch for changing weather conditions
- Never leave a child alone
- Keep an eye on yourself – watch for the TOO's

Too tired   Too cold   Too much sun

Too far from shore/safety   Too much strenuous activity





# **General Water Safety Tips**

- **Learn to swim.** The best thing anyone can do to stay safe in and around the water is to learn to swim. Always swim with a buddy; never swim alone.
- **Swim in areas supervised by a lifeguard.**
- **Read and obey all rules and posted signs.**
- **Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal flotation device (PFD) when around the water.**
- **Watch out for the dangerous “too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.**
- **Set water safety rules for the whole family based on swimming abilities (for example, inexperienced swimmers should stay in water less than chest deep).**



**Questions?**

