



Smarter Parents, Safer Swimmers

6 TIPS for adults and kids

Water safety doesn't happen by accident. Here are tips for both parents and kids to make fun in the water safer!

SMARTER PARENTS

GIVE kids swimming lessons

There's no such thing as "drown-proof," but learning to swim dramatically reduces the risk of drowning.

ASK about swimming skill

At the start of water time, know how capable the kids are, and ask them to demonstrate so you can see for yourself.

ESTABLISH a place where you will be

Let your kids know where the "mom and dad" place is so they can look to you for comfort and confidence.

WATCH very closely

Drowning is SILENT. A child in the most danger is low in the water, typically looking up, hands paddling underwater – not yelling or waving.

DESIGNATE a water watcher

Use a lanyard or physical token to mark the adult who is in charge. That person cannot leave without handing off to another responsible adult.

TURN OFF the phone and watch

Our electronic devices are immersive, distracting and make it easy to lose track of time at a moment when you need to be attentive.



SAFER SWIMMERS



LEARN to swim

Take lessons seriously and try your best! It's a fun and healthy activity, and also can save your life or enable you to save another.

TELL an adult before you go in

Make sure they understand. Walk right up to an adult, grab their hand if needed and hear them tell you it's OK before you swim.

SWIM TOGETHER with a friend

Never swim alone. Not only is it more fun, but you can watch out for each other and call for help if your friend can't.

BE COLORFUL in your swimsuit

Bright colors are easier to spot.

DON'T REACH for a dropped object

Reaching from a dock, boat, shore or wall is an easy way to fall in. Ask an adult for help.

FLIP AND FLOAT on your back when tired

It's the easiest way to stay up so you can catch your breath. Then swim to shallow water or call for help.

