

Water Safety for Parents

Water activities are tremendously popular and enrich our lives. Although these activities add great value to our lives, water can potentially be a source of danger. It only takes a moment. Drowning can happen quickly and quietly, and wherever there is water.

Drowning Facts:

Drowning is a leading cause of injury death for children of all ages in the United States.

- It is the number 1 cause of unintentional injury death for children between 1 and 4 years of age.
- It is 2nd for children between 5 and 14 years of age.
- It is 3rd for youth between 15 and 19 years of age and those under 1 year old.
- For every child who dies from drowning, another 5 receive emergency care for a non-fatal drowning.
- Drowning is also the 5th leading cause of unintentional injury death for people of all ages.

Drowning risks vary by age

- Children under 1 year most often drown in bath tubs, buckets or toilets.
- Children 1 to 4 years of age most often drown in a home swimming pool or hot tub.
- Those 5 to 17 years old are more likely to drown in natural water, such as a lake or pond.

Together, we can change that. Drowning is preventable!

DROWNING PREVENTION

Protect yourself and your children from possible drowning accidents with these simple steps:



Additional things to remember...

- Ensuring that the layers of protection in place to prevent unsupervised access to water
- Teaching children not to go near the water without you; area is off-limits without adult supervision.
- Providing active supervision for children at all times. **Put phones and other distractions away!**
- Entering the water feet-first unless in an area clearly marked for diving which has no obstructions.
- Not allowing competitive underwater games, such as underwater breath-holding contests.
- Be aware of and responding to weather conditions, such as exit the water during thunder/lightning.
- Avoiding entrapment injuries, by ensuring that everyone: Stays away from pool drains, suction fittings, pipes and other openings. Also tie back long hair and never wears loose clothing or jewelry.

The American Red Cross has additional water safety resources and even offer a **FREE** online training for Parents and Caregivers!

For more information visit - [redcross.org/watersafety](https://www.redcross.org/watersafety)

