



**American
Red Cross**

FACT SHEET:

WATER SAFETY FOR CAREGIVERS

- Drowning is the leading cause of death for children 1-4 years of age.
- Drowning is the second leading cause of unintentional death for children 5-14 years of age.
- Drowning IS preventable, but it requires knowledge and action.

GENERAL WATER SAFETY

1

Swimming is a life skill and a family affair. Find swimming lessons for the whole family here:



2

Know your swimming ability and limitations. And make sure your children and teens know theirs also.

3

Maintain constant, undistracted supervision whenever children are in or near water.

4

Nobody should ever swim alone. Ensure children always swim with a buddy and an actively engaged "water watcher".



5

Children and inexperienced swimmers may wear a life jacket during recreational swim time, but they should also routinely experience the water without one to help them understand their limits.

6

If you go boating, ensure that everyone wears a U.S. Coast Guard-approved life jacket.



WATER SAFETY AROUND THE HOME

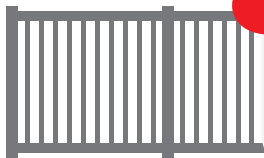
7

Empty out baths, buckets & play pools immediately after use.



8

Use barriers (at least 4ft tall), self-latching gates, and alarms around home pools, hot tubs, and ponds.



9

Keep toys that are not in use away from the pool and out of sight.



WATER SAFETY AT POOLS AND NATURAL WATER

10

Swim in designated swimming areas supervised by lifeguards. Lifeguards do not replace a water watcher or a buddy!



11

Follow posted signs and immediately follow all directions given by the lifeguards



12

Know your environment and its risks and hazards. For example, know about open water risks like rip currents and seasonal hazards such as thin ice in the winter.



WHAT TO DO IN AN EMERGENCY

13

Be prepared for an emergency with a Family Emergency Action Plan and learn CPR.



14

If someone goes missing, first check bodies of water including pools, tubs, and natural bodies of water such as retention ponds.



15

"Reach or Throw, Don't Go!" if someone is having trouble in the water, reach or throw a flotation device.



RESOURCES

njswimsa.org | redcross.org/watersafety | stopdrowningnow.org | ndpa.org |
diversityinaquatics.org | aquaticpros.org | thezacfoundation.org | poolsafely.gov |
vemfoundation.org | safekids.org/safetytips



**American
Red Cross**