

# DROWNING PREVENTION

WATER SAFETY FACTS EVERY GROWN UP NEEDS TO KNOW

## FACTS:

1. Drowning can happen to you and your family.
2. Drowning is silent & is NOT like it is shown in the movies with splashing & screaming.
3. One minute is all it takes for a child to drown. It happens quickly and 70% of the time it happens when a child is not expected to be around the water.
4. Drowning does not discriminate, but boys make up for almost 75% of drownings.
5. Almost 7,000 children visited an ER last year alone for water related injuries.

***Drowning is the leading cause of death in Children under 5***

What you can do to be safer:

*Layers of Protection are Key.*

**Safer Water:** Pools, including play pools, should have complete four-sided isolation fencing with a self-locking gate. Remove all toys from the water when not in use.

**Safer Kids:** It is critical to always have undistracted adult supervision. Assign an adult "Water Watcher" at all times. The Water Watcher should be within arms length of the swimmers.

**Safer Response:** Keep your family safer by having an emergency action plan for water emergencies. Teach children to "**Reach or throw, don't go! Let someone know!**". Caregivers should know how to swim and know CPR.

Where to find swim lessons:

*Learn to Swim.*

Formal swim lessons have been shown to reduce the risk of drowning by 88%.

Pediatricians recommend children participate in lessons starting at age 1.

*Find a Swim School \**  
[www.everychildaswimmer.org](http://www.everychildaswimmer.org)



It's never too late to learn to swim.

Scan the QR code to find accredited swim lessons in your area.

\*This is not sponsored or endorsed by PublicSchools.



Your family is at risk for drowning! Together we can help reduce that chance!



**STOP  
DROWNING  
NOW**



# Water Safety Checklist for Home

Take a few minutes to make your home safer.

**In Case of an Emergency Call 911**

My Name is: \_\_\_\_\_

My Address is: \_\_\_\_\_

My Phone Number is: \_\_\_\_\_

Always  
Supervise  
Bath Time



1. Identify your risks around your home:  
pools, bathtubs, canals, retention ponds,  
lakes, and more all can be a risk.



Drain  
Play Pools

2. Educate your family about water safety  
rules and what to do in an emergency.  
Practice your Emergency Action Plan.

Close the Potty



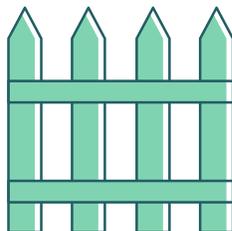
3. Enroll in swim lessons. Remember that  
no child is ever "drown-proof." And  
always assign a Water Watcher.



Learn CPR

4. Add barriers to any water hazards at  
your home including fencing and door  
locks.

Locking  
Pool Fence



5. Keep a first aid kit and phone close to  
water hazards. Learn and practice  
CPR.

6. Visit [www.stopdrowningnow.org](http://www.stopdrowningnow.org) for  
more water safety tips and tools to be  
safer in and around the water!