

HELP PREVENT DROWNING

You can help keep children safe around water. Take these steps to ensure they enjoy water-related activities safely.

- **NEVER** leave children alone near a pool, spa, bathtub, bucket or any standing water in which a child's nose or mouth may be submerged
- **ASSIGN** an adult "water watcher" who is committed to actively supervising the pool area. This means they may not talk on a cell phone, read a book, or otherwise be distracted. Have them take the Water Watcher Pledge (below)
- Inexperienced swimmers and non-swimmers should **WEAR** a Coast Guard-approved life jacket around water
- Children should **STAY AWAY** from pool drains, pipes and other openings to avoid entrapments
- **ENROLL** children in Safety Around Water and then sign them up for swim lessons

WATER WATCHER PLEDGE

As a Water Watcher on duty, I pledge to:

- CONSTANTLY WATCH** the children in and near the water
- WAIT** to socialize and drink alcohol until I am off duty
- DOUBLE CHECK** to make sure children are wearing appropriate personal flotation devices
- WEAR** an item to identify myself as the Water Watcher

STAY on duty until officially relieved by

SIGNATURE



Water safety is about far more than being safe. It's about providing your children new opportunities for growth and development. It's about your children staying active and healthy. It's about them gaining the confidence that comes from

Amy Dodson
5201 NW 34 blvd
(352) 374-9622
ncfymca.org

481540 01/16



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE WORLD IS
71% WATER OUR
CHILDREN ARE
100% CURIOUS
HELP KEEP THEM SAFE
Safety Around Water



The Y For a better us.

In the time it takes to answer a phone call, a child can become submerged underwater and lose consciousness. That's how fast a drowning can happen. Drowning can occur nearly anywhere with standing water: pools, ponds, culverts, bathtubs—even a bucket.

GIVE THEM A LIFE OF ENDLESS POSSIBILITIES

Water is a source of fun and recreation, but it can also be a source of fear. You don't want your children standing around while their friends play in the water. But you can't be everywhere every second. **Teaching children how to be safe around water is one of the most important life skills parents can help to provide.** It not only saves lives, it builds confidence.

As a parent or caregiver, the last thing you want to do is limit your children. Don't keep them sidelined. Let them be curious. **Give them every opportunity to expand their horizons.** When children learn how to be safe in and around water, it opens up a vast new world full of opportunities for them to develop self-esteem, discover new ways to stay fit and build relationships that can last a lifetime.

Water safety is a community-wide issue. Help engage the entire community—to keep all children safe around water—by becoming an advocate in your neighborhood. Encourage other families to enroll their children in water safety programs and swim lessons.

Children ages 1 to 4 are most at risk for accidental drowning



LEARNING THE SKILLS TO STAY SAFE

You might simply try to keep your children away from water. That is not enough. The earth is 71% water—your children are 100% curious. It's up to parents and caregivers to help them explore it all safely. Consider the statistics:

- About **one in five people who die from drowning** are children **14 and younger**
- Drowning is the **second-leading cause of accidental death for children** ages 1 to 14
- For every child who drowns, five receive ER care for non-fatal injuries
- Of all drowning incidents, 61% occur in pools and natural bodies of water. 10% occur in bathtubs and another 9% while boating
- **Minority children are at even greater risk.** Drowning is the number one preventable cause of death for African-American boys
- Risk for **ethnic youth drowning in natural bodies of water peaks between 17 and 19** years old and the risk for incidents at swimming pools is highest between 1 and 4 years old. The majority of African-American victims drowned in public pools while the majority of Hispanic victims drowned in neighborhood pools (i.e., apartment complexes)
- **Among urban youth, 69% have low or no swimming skills.** African-American urban youth ages 5 to 14 have a drowning rate 3 times higher than their Caucasian counterparts
- While nearly 80% of drowning deaths are male, **African-American males**

WHAT IS SAFETY AROUND WATER?

When you sign up your children for Safety Around Water, you are giving them skills to help keep them safe for a lifetime.

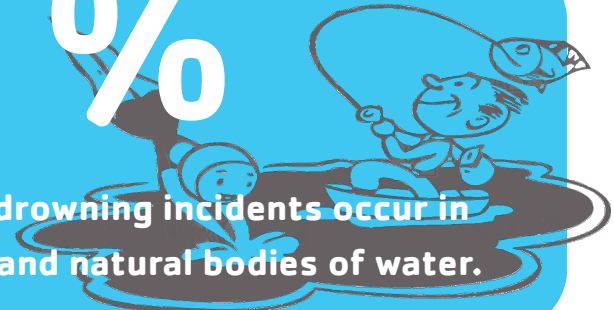
The Safety Around Water curriculum is a proven method for teaching children fundamental water safety skills. This 8-session course teaches children two sets of skills that will reduce the risk of drowning and give you and your children confidence in and around water. A typical session will include:

- **Exercises** to help kids adjust to being in water
- **Instruction** in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific **safety topics** like what to do if you see someone in the water who needs help
- Fun activities that **reinforce** skills

Each lesson includes a handout for parents and caregivers with additional water safety tips.

61%

Of all drowning incidents occur in pools and natural bodies of water.



Teaching children to be safe around water is just as important as teaching them to how to properly cross the street.