



**THE WORLD IS 71% WATER  
YOUR CHILDREN ARE 100% CURIOUS**

## **WATER SAFETY TIPS**

### **1. NEVER SWIM ALONE.**

Teach your children that they should only swim in locations where a lifeguard is on duty.

### **2. SUPERVISE YOUR CHILDREN WHENEVER THEY'RE IN THE WATER.**

Whether it's bath time or taking a dip in a pool or lake, make sure your children are within arm's reach at all times.

### **3. DON'T ENGAGE IN BREATH HOLDING ACTIVITIES.**

Children shouldn't hold their breath for a prolonged amount of time while swimming, as this can cause drowning and has several other severe physical side-effects.

### **4. WEAR A LIFE JACKET.**

Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.

### **5. DON'T JUMP IN TO SAVE A FRIEND WHO IS STRUGGLING IN DEEP WATER.**

If a child finds their friend in deep water unexpectedly, their natural reaction may be to jump in the water to try to save them. Even if a child is a great swimmer, a panicked person will overpower them, pulling them underwater with them. The Y's Safety Around Water program teach the "reach, throw, don't go" concept of using a long object to reach for them and pull them to safety. By using this technique children can help their friend without compromising

### **6. ENROLL YOUR CHILD IN SWIM LESSONS.**

Just like teaching your children to look both ways before they cross the street, participating in formal swim lessons teaches them an important life skill. The Y's swim lessons teach children fundamental water safety skills and what to do if they find themselves in water unexpectedly.