

# SUMMER SAFETY

## WATER SAFETY TIPS



With children and teens spending more time in the water during the summer, it is vital that parents have conversations about the different risks that exist.

### DID YOU KNOW?

- **Drowning is the leading cause of injury-related death** among children between 1 and 4 years old.
- **70% of drowning deaths** for US children aged 15 and younger occur **between May and August** (APA).
- **Boys** make up a larger proportion of fatal drownings than girls (**72%** vs. 28%) (safekids.org).
- Among those 1-14, **drowning** is the **second-leading cause of unintentional injury-related death** behind motor vehicle crashes. (redcross.org)
- For children younger than 5, **87% of drowning fatalities happen in home pools or hot tubs**. Those 5 to 17 years old are more likely to drown in natural water, such as a pond or lake (redcross.org).

### PREVENTION

- **Learn swimming and water safety survival skills.**  
There are many resources including apps, videos and local certified swim classes you can sign your children up for.
- Always **supervise children** when in or around water and consider becoming **CPR certified** if you own a pool. If you step away, designate a responsible adult to supervise.
- **Drowning can occur in just a few inches of water** so all water activities, and even bath time, should be supervised.
- **It's not safe to swim in the rain**, particularly if there is thunder and lightning.
- **When in doubt, get out.** If something doesn't feel right, don't hesitate to get out of the water.
- When boating, **all ages** should wear approved **life jackets**.
- Stay within **designated swim areas**. Teach children about ropes / signs and why they are used to

separate areas. In open water, take note of flags along perimeters of borders. Never swim outside of those defined areas.

- **Know the signs of someone drowning** – glassy or closed eyes; hyperventilating or gasping; trying to swim in a particular direction but not making progress; head tilted back with mouth open; appear to be climbing invisible ladder (ajc.com).



### PARTNERS & RESOURCES

- **American Red Cross:** provides resources for parents on child care, water safety, and First Aid. [redcross.org](https://www.redcross.org)
- **Aquatics Safety Group:** spreads education and awareness of water safety for parents and families. [aquaticsafetygroup.com](https://www.aquaticsafetygroup.com)
- **National Drowning Prevention Alliance:** their mission is to reduce the incidence of drowning and aquatic injuries in the US and abroad. [ndpa.org](https://www.ndpa.org)