

Water Safety and Drowning Prevention



Water is everywhere and taking necessary safety precautions is important at any age, but especially for children up to age 14.

Did you know?

- Drowning is silent and quick. It can occur within 20 seconds.
- Drowning can happen in less than 1-2 inches of water. Filled bathtubs, swimming pools, wading pools, hot tubs, buckets of water, and sinks can all be dangerous and deadly.
- Drowning is one of the leading causes of death among children ages 1-4, and is the second leading cause of death of children ages 1-14.
- Children with autism are 10 times more likely to experience nonfatal and fatal drowning than their typically developing peers.
- 88% of children who drown are under some form of supervision.

Reduce the risk of a child or teen drowning by following these simple water safety strategies in your home and wherever there is water.

Bathroom

- Never leave a baby or toddler unattended in the bathtub, even for a minute.
- Install a toilet-lid locking device and keep bathroom doors closed at all times. You can also install doorknob covers.
- Empty all bathtubs, buckets, or other containers filled with any amount of water or other liquid when not in use.



Pool

- Install 4-sided fencing at least 4 feet high, with self-closing and self-latching gates. Pool alarms and covers can also be installed for safety, but are not substitutes for fencing and adult supervision.
- Remove toys from the pool when the pool is not in use.
- Dump out all water from a wading pool after use.
- Remove any ladders from an above-ground pool when not in use.
- Supervise and stay within an arm's reach of your child or infant when near a pool or body of water.
- Other caregivers should be comfortable supervising your child in the pool, understand your pool rules, and be trained in basic water rescue skills and CPR.

Other Water Safety Tips

- Teach your child basic swim skills like floating and moving through water. All children are different, so ask your pediatrician if your child is ready to start swim lessons.
- Learn CPR and basic water rescue skills.
- Take safety breaks that include hydration, rest, and reapplying sunscreen.
- Know where your family members are when there is water around.
- Never allow anyone to swim alone. Teach children to always ask permission to enter a body of water and to use the buddy system when swimming.
- Supervise your children of all ages, even if there is a lifeguard on duty.
- Inflatable flotation or foam devices such as vests, water wings, rafts, or foam noodles are not a substitute for constant adult supervision and are not designed to keep swimmers safe.
- Always be attentive to babies, toddlers, and preschoolers who are in or near water. Use "touch supervision"- being close enough to reach the child at all times.



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