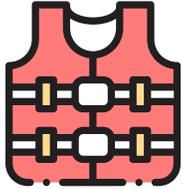


Water Safety Tips for Kids

BOATING

Always have your children wear a life jacket approved by the U.S. Coast Guard while on boats, around open bodies of water or when participating in water sports.



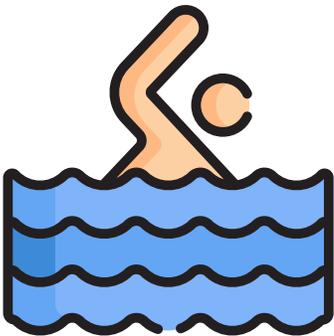
- Always have your children wear a life jacket approved by the U.S. Coast Guard while on boats, around open bodies of water or when participating in water sports. Make sure the life jacket fits snugly. Have the child make a “touchdown” signal by raising both arms straight up; if the life jacket hits the child’s chin or ears, it may be too big or the straps may be too loose.
- A large portion of boating accidents each year involve alcohol consumption by both boat operators and passengers. To keep you and your loved ones safe, it is strongly recommended not to drink alcoholic beverages while boating.
- Infants and young kids are at a higher risk for hypothermia, so if you are taking a baby on a boat, just take a few extra precautions to keep your baby warm. If your children seem cold or are shivering, wrap them tightly in a dry blanket or towel.
- We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better. Local hospitals, fire departments and recreation departments offer CPR training.
- Teach children that swimming in open water is not the same as swimming in a pool: They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.



SWIMMING/DROWNING SAFETY

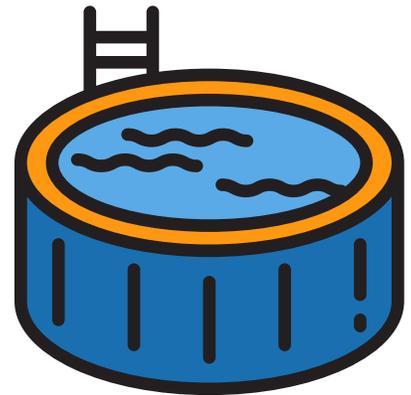
Around pools and open bodies of water, always give kids your undivided attention.

- Watch kids when they are in or around water, without being distracted. Keep young children within arm’s reach of an adult. Make sure older children swim with a partner every time.
- Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water when deciding if they are ready for swim lessons.
- Make sure kids learn these five water survival skills and that they are able to:



- Step or jump into water over their heads and return to the surface;
- Float or tread water for one minute;
- Turn around in a full circle and find an exit;
- Swim 25 yards to exit the water; and
- Exit the water. If in a pool, be able to exit without using the ladder

- Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.
- Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child’s life.



DROWNING FACTS BY AGE:

- Under age 1: Babies most often drown in bathtubs, buckets, and toilets.
- 1-4 years old: Young children often down in swimming pools, hot tubs and spas.
- Older kids, teens and young adults: Most drownings in these age groups happen in natural bodies of water, such as lakes and river.

LAKES AND PONDS

- Don't let kids swim without adult supervision. Lakes or ponds might be shallow near the bank, but get deep quickly away from shore.
- Ponds and lakes may hide jagged rocks, broken glass, trash, and weeds and grass that could entangle a leg or arm.
- Make sure kids wear foot protection. In the water, they should wear aqua socks or water shoes.
- Most boating accidents, particularly among teens, are alcohol-related. Any boat outing should include a designated driver who won't drink. Be sure teens know about the dangers of alcohol, on and off the water.
- In bad weather, they should get out of the water right away.



BEACHES



- Don't let kids swim without adult supervision, preferably where a lifeguard is on duty.
- They shouldn't swim close to piers or pilings because sudden water movements may push swimmers into them.
- The beach has special dangers like currents and tides. Look for posted signs about rip currents, jellyfish warnings, surfing restrictions, and other hazards. Also ask the lifeguard about the water conditions.
- Don't allow kids to swim in large waves or undertows. Tell them never to stand with their back to the water because a sudden wave can knock them over.
- Teach kids that if they're caught in a rip current or undertow, they should swim parallel to the shore or should tread water and call for a lifeguard's help.
- In bad weather, they should get out of the water right away. If there's lightning, the lifeguards will close the beach.

HEATSTROKE TIPS

Never leave your child alone in a car, not even for a minute.

- On average, every 10 days a child dies from heatstroke in a vehicle. In more than half of these deaths, the caregiver forgot the child was in the car.
- A car can heat up 19 degrees in just 10 minutes. And cracking a window doesn't help.
- Young children are particularly at risk, as their bodies heat up three to five times faster than an adult's.

Reduce the number of deaths from heatstroke by remembering to **ACT**.

1. **Avoid** heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you're not inside so kids don't get in on their own.
2. **Create** reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty, and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, briefcase or purse in the backseat when traveling with your child.
3. **Take** action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations

