

# WATER SAFETY TIPS



## FRESH WATER, LAKES, RIVERS, PONDS

- Water May Be Deceptively Shallow—or Deep  
Kids (and parents) often underestimate how quickly drop-offs happen.
- Never Dive In Without Seeing the Bottom  
Rocks, tree limbs, or sudden depth changes can paralyze—or kill.
- Fresh Water Isn't Always Clean  
Teach kids not to swallow water. Bacteria and parasites are more common.
- Murky Water = Hidden Hazards  
Logs, weeds, or strong currents can trap feet or cause panic.
- Wear Life Jackets Near Open Water  
Even strong swimmers can be pulled under by currents, undertows, or waves.



This summer please watch your children when in the water. Water is fun but it can be dangerous too. Drowning is the most common cause of preventable deaths for children ages 1-4.

## SAFETY RULES

- Always Watch—Never Assume  
Drowning is silent. Stay alert and stay off your phone.
- Teach Kids to Ask First  
No going near water—any water—without an adult's permission.
- Swim Lessons Save Lives  
Early swim lessons (even by age 1) can reduce drowning risk by over 80%.
- Stay Within Arm's Reach  
Especially for kids under 5 or anyone who can't swim well.
- Learn CPR and Keep a Phone Nearby  
Seconds matter. CPR saves lives—and calling 911 quickly is critical.
- Don't Trust Floaties or Toys  
Floaties can flip. Inflatable toys can drift.
- Hair, Jewelry, and Drains Don't Mix  
Tie back long hair. Remove necklaces. Pool drains can trap a child underwater.

## BEACH AND OCEAN SAFETY

- Teach Kids About Rip Currents  
"If caught, don't fight. Swim parallel to the shore to escape the current."
- Always Swim Near Lifeguards  
The ocean is unpredictable. Lifeguards save lives because people misjudge the waves.
- Waves Can Knock Kids Down Easily  
Stay close. Even knee-deep surf can tumble a child.
- Check the Flags and Conditions  
Red = Dangerous. Yellow = Caution. Purple = Marine life warning. Teach kids to obey the signs.
- Saltwater in the Face Can Trigger Panic  
Practice calmly handling a wave to the face in shallow water.



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