



Lifeguard Your Child™

Did you know?

Drowning is the leading cause of unintentional injury and death for children ages 1-4, and it ranks second for school-aged children.

Facts

- Drowning is fast and silent and can happen in less than 60 seconds.
- Even when an adult is present, 88% of children still drown.
- For every fatal drowning, another 8 receive emergency care for non-fatal drowning.
- Infants are more likely to drown inside the home, such as bathtubs, buckets and toilets.



Learning to swim is important for all age groups.



Learn water safety tips.

Teen



Typical growth stage

- Focused on friendships, independence and self-image.



Greatest risks

- Peer pressure may lead to unsafe choices.
- Open water rates triple at age 15.
- Strong swimmers may ignore water risks.
- Distractions can lead to injury.
- Weather and water conditions can change quickly.



Helpful tips

- Set a safety plan before doing any water activities.
- Ensure there is always adult supervision. No one is drownproof.
- Only swim in designated swim areas.
- Always wear a USCG-approved life jacket in open water.
- Learn CPR.
- Start swim lessons early.



Never take your eyes off the water

- Assign an adult to watch children within reach during swim time.
- Limit phone use for emergencies only.
- NEVER leave an infant or small child alone in the bath tub, not even for a moment.

How to fit a life jacket

- Check the inside label make sure it is USCG-approved.
- Read the label to get the best fit for your child.
- Fasten all the buckles and tighten until snug.
- Pull up on the shoulders; it shouldn't rise above the bottom of the ears or it's too big.



Learn how to fit a life jacket.



Drownings are preventable

Water safety tips for all ages.

Lifeguard Your Child™

Infant



Typical growth stage

- Learns by feeling, seeing, hearing, touching and tasting.
- Uses body language to bond with parent, forming trust and attachment.
- Relies on adults for care, comfort and safety.



Greatest risks

- Bath time. It only takes an inch of water to drown.



Helpful tips

- Prepare your bath supplies ahead of time, so you do not leave your child unattended.
- NEVER leave a baby alone in the tub and stay within reach.
- Always drain the tub before taking baby out.
- Bonding during bath time creates a positive experience for baby.
- Consider starting swim lessons early.

Toddler



Typical growth stage

- Begins to walk, run and jump.
- Learning to explore their environment.
- Limited vocabulary.
- Limited balance and coordination.



Greatest risks

- All water areas: bath tub, pool, spa, open water and buckets.
- Kids may be curious about water, but unaware of the dangers.



Helpful tips

- Stay within reach during bath time.
- Add 4-sided fences around pools with self-latching gates.
- Lock windows, doors and pet doors that have access to pool area.
- Install toilet locks and never leave buckets of water unattended.
- Fit your child with a U.S. Coast Guard (USCG) approved life vest for all water activities.
- Stay in-reach of all swimmers and take breaks often.
- Take swim lessons.
- If your child is missing, search the pool FIRST.

Preschool



Typical growth stage

- Thinking is limited to what your child can see, touch and experience.
- Language skills increase but understanding can still be limited.
- Improved motor skills with more stability.



Greatest risks

- Children are learning to enjoy the water, but still need constant supervision.
- Curiosity may lead to exploring without permission.



Helpful tips

- Assign an adult water watcher to stay within reach during swim time.
- Count kids when changing activities to make sure no one is left alone in the water.
- Teach water safety rules.
- Share child's swim ability with other caregivers.
- Install safety alarms on doors and windows.
- Remove toys from the pool when not in use.

School-age



Typical growth stage

- Concrete thinkers and building independence in daily routines.
- Active imaginations and expressive with words and thoughts.
- Learns best by doing and asks a lot of questions.
- Memory is improving, but still developing.



Greatest risks

- Enjoys testing physical limits and may forget water safety rules.
- Does not understand dangers around water.
- Influenced by peers and social media.



Helpful tips

- Be consistent with water safety rules.
- Adults should always supervise swim time.
- Keep a count of all swimmers in the water.
- Check for currents, debris and other water conditions before swimming in open water.
- Always fit a life jacket on your child in open water regardless of swim ability.