



### GET THE TRAINING

If you have a pool, cottage or camp, you need to be your family's lifeguard.

Your kid's water safety education is not complete until they earn the Bronze Medallion. Enroll them in Lifesaving Society courses so that they can learn how to be Water Smart before they get in too deep. If you live or play around water, you need to learn basic first aid and how to do CPR.

If you are not within arm's reach of your child, you've gone too far.



### DROWNINGS ARE PREVENTABLE

Drowning is the second leading cause of preventable death for children under 10 years of age. Children under 5 are most at risk. Their natural curiosity combined with an almost magnetic attraction to water means that they have a high risk of drowning anytime they're near water - natural or man-made.

- Drownings involving toddlers can be prevented if parents or caregivers are within arm's reach of their children when they are in or near water.
- Designate a backyard pool lifeguard. An adult should always supervise whenever children are using a pool – in-ground, above ground or wading pool. If you must be absent for a moment, designate another adult to replace you or close the pool until someone can assume supervisory duties.
- Stay tub-side until all the water is drained and you have removed your children from the tub. Most bathtub drownings occur because youngsters were left alone for “just a moment”.
- Drain bathtubs when they are not in use.

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## ***Water Smart Advice for Parents***

- Empty unattended wading pools and buckets of water and turn them over.
- Put a lifejacket on children who can't swim when they're in a boat or at the beach or pool.
- Be vigilant. Many children who drown do so because parents or caregivers lose sight of them for a very short period of time.

### **DROWNING IS A SILENT KILLER**

Drowning victims rarely call or wave or signal for help because they can't keep their head or arms above water. Even when they manage to get their head above water, getting a breath (not calling for help) is their priority.

### **DROWNING CAN HAPPEN IN SECONDS**

- Drowning can take as little as 10 seconds and occurs in just inches of water...in bathtubs, wading pools, and wells, even buckets.
- Never leave a child alone near the water. Don't be distracted by a ringing phone, a doorbell or another child.

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