

# Parent Water Safety Guide



2" of water in 2 minutes  
**FOR A CHILD TO DROWN**

Always have an adult supervising a child in the bathtub, pool or open water setting.



Require children to ask permission before swimming or bathing; adult supervises both activities.

Drowning is a leading cause of death for children 14 and younger and for autistic children; for every death 5 more suffer life altering brain and spinal chord injuries.



Responsible adult always supervises children when around water NO distractions (phone, doorbell, eating, alcohol, cooking, socializing)

Children **ALWAYS** swim with a buddy, near a lifeguard and with adult supervision.

Don't let children swim after dusk or when storms approach

**Keep lifesaving equipment visible and in easy reach**  
(RINGS, TUBES, REACHING POLE)

Close toilet seats; empty buckets when not in use; store upside down; cover sand boxes; use self-closing/locking gates around pool/hot tubs; remove and store out of reach detachable ladders; portable pools and toys when not in use

Keep your children safe by enrolling in swim lessons as a family; learn CPR

Keep a phone nearby in case of emergencies.

Don't use inflatables as safety devices. Inflatables are toys not safety devices. (floaties, tubes, rafts etc)



Learn signs of "dry" or secondary drowning; when fluid remains in the lungs up to 24 hours after swimming or bathing...NOT during submersion in the water

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