

# Drowning prevention: Splash into safety



Swimming is a popular and fun activity, however, drowning is the second leading cause of injury-related death of children under the age of 14. Minimize your child's risk in and around water:

- Actively supervise. Stay in sight and reach of children at all times and avoid talking on the phone or reading a book. Even children who can swim need adult supervision
- Get trained. An experienced adult who knows how to react in an emergency situation should provide supervision. Caregivers who are weak swimmers should take swimming lessons and learn First Aid and CPR
- Use lifejackets. Put young children and weak swimmers in a lifejacket or Personal Floatation Device (PFD)

Teach kids how to swim. **Children under five years of age do not have the physical skills to perform swimming strokes on their own. Children five years of age and older can begin to learn swimming strokes and water skills by enrolling in swimming lessons.**

Adapted from Safe Kids Canada, 2010

For health-related information call York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)

