



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# THE WORLD IS 71% WATER

## YOUR CHILDREN ARE 100% CURIOUS

Teach your children water safety and let  
them explore all their possibilities.



The Y.™ For a better us.™





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# WATER SAFETY TIPS

Hamilton Area YMCA



## CLEAN UP

Keep toys that are not in use away from the pool and out of sight, so children aren't tempted to be near the water unsupervised.



## TEACH THEM EARLY

Teach children swim at an early age and educate them early about water safety. Swim lessons encourage safety, confidence, rescue skills, health and fun!

## STAY HYDRATED

Ensure that kids drink plenty of fluids to stay properly hydrated, especially on hot days.



## FAR REACHING

Reach or throw aid to distressed swimmers - don't go! Become certified in infant and child First Aid and CPR.



## DON'T BE PUSHY

Instruct children to never run, push or jump on others in and around the pool.

## WEAR SUNSCREEN

Protect your skin from sun burn and sunstroke by wearing hats and sunglasses and applying sunscreen of SPF 15 or higher.



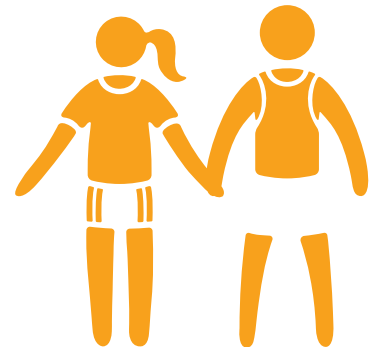
## SUIT UP

Make sure children always wear Coast Guard approved life jackets and use proper water safety and floatation devices.



## ACTIVE SUPERVISION, BARRIERS, AND SIGHTLINES

Always actively supervise children within arm's reach when they're both in and around the water; ensure that pools are secured with appropriate barriers; and require children to swim within designated areas that are within sight of guardians and certified lifeguards.



## WHO'S YOUR BUDDY?

Never let children swim alone; always designate swimming buddies before visiting the beach or the pool.

For additional information on Swim Lessons, First Aid and CPR, contact Nicole Bizuga at 609.581.9622 ext. 128 or [nbizuga@hamiltonymca.org](mailto:nbizuga@hamiltonymca.org).



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# KEEPING KIDS SAFE AROUND WATER

## Water Safety



Drowning is the **second leading cause of accidental death** in children ages 1-14.



**Three** children die every day as a result of drowning.

Drowning poses a threat to the health and well-being of people nationwide, particularly among **children and minority populations.**

Percent of children who cannot swim

**70%**

African American

**60%**

Hispanic

**40%**

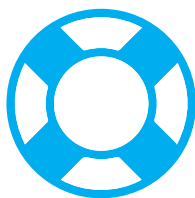
Caucasian

## THE Y: "AMERICA'S SWIM INSTRUCTOR."

As the most accessible community resource to prevent drowning, the Y teaches more than a **million children** invaluable water safety and swimming skills each year. Research shows that participation in formal swimming lessons can reduce the risk of drowning among children one to four years of age.



## A PLEDGE TO SAFETY



The Y's new water safety and drowning prevention program, Safety Around Water, will help children and families learn the vital skills needed to be safe in, near and around the water. The program is designed to engage community partners

and parents to bring lifesaving skills to those at high risk of drowning. Y's across the country are taking this pledge to become a champion of the program to help children and families be safe around water.

**MORE  
THAN  
JUST  
SAFETY**



learn new skills



feel a sense of achievement



increase physical activity levels



connect to others in class



make new friends



recognize new role models

In addition to vital water safety instruction, participants in Y swim lessons:

**WITH 2,700  
LOCATIONS**

around the country, there's a Y water safety program in your community.



## LEARN MORE

The Y is helping children stay safe in and around the water.

[www.ymca.net/watersafety](http://www.ymca.net/watersafety)