



WATER SAFETY TIPS

Hamilton Area YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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.



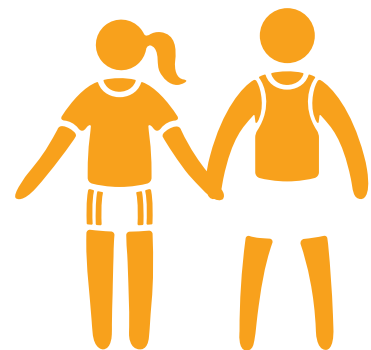
SUIT UP

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.



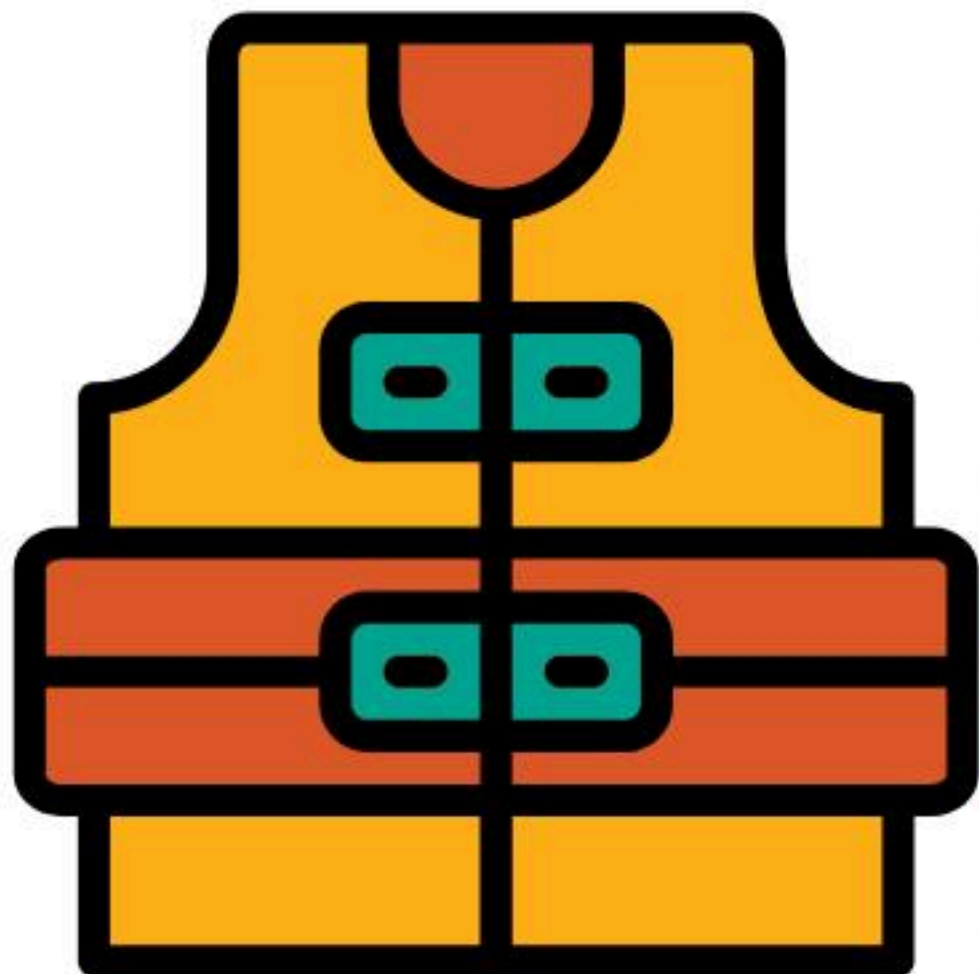
WHO'S YOUR BUDDY?

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.



SAFETY AROUND WATER



Damaged life jackets should be discarded and replaced. Check often for tears or holes and buoyancy.

Life jackets come in sizes to fit babies through large adults. They are intended to keep you afloat in lakes, rivers, pools and other bodies of water. When worn correctly, they work!

- Check for a weight limit on inside of life jacket. Use correct size based on weight.
- Lifejackets should fit snug around chest and shouldn't ride up your body when in the water.
- Smaller weight life jackets have a strap between the legs too! Be sure to fasten for extra protection.
- Straps should be pulled tight and not twisted.
- All Jackets should be fastened.

DON'T JUST PACK IT WEAR YOUR JACKET



Safety Around Water

SAFETY TOPICS

Drowning poses a considerable risk for youth and adults, especially those from underserved populations. The statistics are sobering, but drowning deaths are preventable. At the Y, we believe everyone should have the chance to learn how to stay safe around water.

At every lesson, we cover one safety topic. We highlight these safety topics because they address the most common safety issues families experience around water. To reinforce what your child is learning, ask the following questions at home or in the car:

BENCHMARK SKILLS

What two skills can help you get to the side of the pool if you are in trouble and why are each of them important?

- **Jump, push, turn, grab** helps you safely exit the pool by pushing off the bottom, grabbing the wall, and climbing out.
- **Swim, float, swim** helps you get to the side of the pool if you are not within reach by swimming on your front, rolling to your back to breathe when you get tired, grabbing the wall, and climbing out.

Of all the skills you are learning, what are you really good at? What do you need to improve?

REACH OR THROW, DON'T GO

Why shouldn't you jump in to save a friend who is struggling in the water?

A panicked person in the water can grab you and pull you under.

What can you do to help your friend?

Use an object to reach out to your friend and pull him or her back to the shore, the bank, or the side of the pool. You can use anything long enough to extend your reach or help your friend float, such as a pool noodle.

CALL 911

When should you call 911?

Call 911 if you think a person is in trouble and there is no adult nearby.

What do you tell the 911 operator?

- Your first and last name
- The address of your location
- The telephone number you're calling from
- What happened and how many people are hurt

CPR

What is CPR?

Cardiopulmonary resuscitation (CPR) helps maintain vital blood flow to the heart and brain.

How can you tell if someone needs CPR?

If someone doesn't respond, check for breathing and a pulse. When you can't see, hear, or feel any signs of breathing and you can't find a pulse after 10 seconds, the person probably needs CPR.

Safety Topics continued

BACKYARD POOLS

What are some things you can do to keep yourself safe in your, or a friend's, backyard pool?

- Don't swim without permission or without adult supervision.
- Ask an adult for help if you want something in or around the pool.
- Keep your hands, fingers, feet, and toes out of any openings in the pool, such as grates.
- Don't swim or play in hot tubs or whirlpools.

POOLS DRAINS

What do pool drains do?

Pool drains pull water into the filtration system so it can be cleaned and returned to the pool.

Why can pool drains be dangerous?

Swimmers can get stuck on a drain in deep water and not be able to get to the surface.

What two rules should you follow related to drains?

- Don't swim or play around pool drains.
- Don't swim in a pool that is missing drain covers.

LIFE JACKETS

When should life jackets be used?

Until you pass a swim test, you should wear a life jacket in the water. Everyone, even strong swimmers, should wear a life jacket when participating in water sports, boating, or watercraft activities. In case of an accident, a life jacket will help you float until help arrives.

What does a proper life jacket have?

A proper life jacket should have the United States Coast Guard's seal of approval on the inside of the jacket.

BOATING

What are some dangers of boating?

- The boat could capsize or collide with another boat.
- Drownings can occur when boaters do not wear life jackets.

What are some things you can do to keep yourself safe in a boat?

- Wear a United States Coast Guard-approved life jacket.
- Don't stand up in small boats.
- Don't overload the boat.
- Don't boat at night or in low-visibility conditions.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEACHING SKILLS THAT SAVE LIVES

2 KIDS DIE EVERY DAY
FROM DROWNING¹

DROWNING IS THE
2ND-LEADING
CAUSE OF DEATH
FOR KIDS AGES 5-14²

IN SAFETY AROUND WATER
PROGRAM PILOTS, IMPROVEMENT
WAS SEEN IN EVERY SKILL TESTED⁵



88%
OF KIDS WHO DROWN
DO SO UNDER ADULT
SUPERVISION³



MORE THAN **1** MILLION
KIDS TAKE SWIM LESSONS AT
THE Y EVERY YEAR



60%
OF KIDS WHO
DROWN ARE WITHIN
10 FEET OF SAFETY⁴



DROWNING IS PREVENTABLE

THE Y ENGAGES
9 MILLION
KIDS EACH YEAR

THE Y IS IN
10,000
NEIGHBORHOODS



The Y teaches safety around water.
Find your Y at ymca.net/watersafety
and get started today.

¹ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control. Web-based Injury Statistics Query and Reporting System (WISQARS™). Retrieved from www.cdc.gov/injury/wisqars

² U.S. Consumer Product Safety Commission. (2012). Safety barrier guidelines for residential pools. Retrieved from <https://www.cpsc.gov/>

³ Safe Kids Worldwide. (2007). Safe kids U.S. summer safety ranking report. Retrieved from www.safekids.org/research-report/safe-kids-us-summer-safety-ranking-report-april-2007

⁴ Safe Kids Worldwide. (2007). Safe kids U.S. summer safety ranking report. Retrieved from www.safekids.org/research-report/safe-kids-us-summer-safety-ranking-report-april-2007

⁵ Contact aquatics@ymca.net for more detailed information on pilot results.



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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%

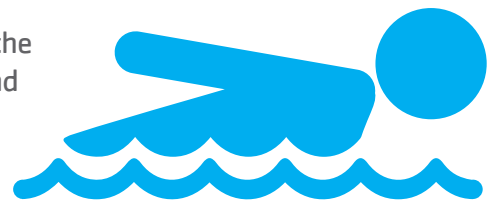
Hispanic

40%

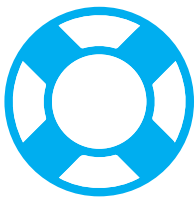
Caucasian

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.

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

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

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