

Water Safety Tips for Families

Insist on adult supervision

- When you can, swim only in areas where there are lifeguards.
- Keep a constant watch on your child when they are in or near the water. Stay within touching distance of young children at all times.
- Have adults take turns watching children at social events. Never use alcohol or other drugs during water and boating activities or while watching children around the water.
- Set and follow safety rules.

Wear a life jacket

Even if you or your child knows how to swim, children, teens and adults should always wear a life jacket:

- When on a boat, raft or inner tube
- When swimming in open water like a lake, river or the ocean
- When playing in or near the water and on docks (for young children)

Check each life jacket to make sure it is U. S. Coast Guard approved.

Learn to swim

- If you don't know how to swim well, find someone to teach you. Learn to float and to tread water for at least 10 minutes.
- Make sure your child learns to swim. Upgrade their swimming skills each year.
- Check about lessons at your local pool or life-guarded beach.



Know the water

- Make sure the water is safe for diving. When in doubt, don't dive or jump.
- Watch for uneven surfaces, river currents, ocean undertow and changing weather.
- Be aware that cold water can kill, even on hot summer days. Stay close to shore and rest if you are cold or tired.
- Obey all safety signs and warning flags.

Know what to do in an emergency

- Learn child and adult CPR.
- Bring a cell phone with you or know where to find the nearest phone.
- Learn safe ways of rescuing others without putting yourself in danger.
- Dial 911 in an emergency.

To Learn More

- **Children's drowning prevention and water safety information at www.seattlechildrens.org/dp**
- **Your child's healthcare provider**

Seattle Children's will make this information available in alternate formats upon request. Call Marketing Communications at 206-987-5205 or 206-987-2280 (TTY).

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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