

# Water Smart<sup>®</sup> tips for parents of children 5 to 12 years of age

From the Lifesaving Society – Canada's lifeguarding expert



## About drowning

- Drowning is the second leading cause of preventable death for children under 10 years.
- Almost 500 people drown each year in Canada.
- Drowning is a fast and silent killer. It can happen in as little as 10 seconds. Victims rarely call, wave or signal for help because they can't keep their heads above water.
- Over half of child drowning victims are alone.

## Parents, you are your child's lifeguard

- Enroll your children in swimming lessons. At a minimum, they should be able to achieve the Lifesaving Society's Swim to Survive standard – roll into deep water, tread for 1 minute and swim 50 m.
- Swim in areas supervised by lifeguards. Ensure vigilant adult supervision in areas without lifeguards. In the backyard pool, designate an adult to be "on guard".
- Insist your children always swim with a buddy, never alone.
- Make it a rule that weak or non-swimmers must wear lifejackets.
- Get the training. Ensure that family members learn lifesaving skills.



All children should learn to swim. We can teach them.  
For more information, visit [www.lifesavingsociety.com](http://www.lifesavingsociety.com)  
or contact your local pool.