



# **WATER SMART® TIPS**

For Parents

**DROWNING**  
Is Fast and Silent

Water Smart® Tips from  
The Lifesaving Society  
Canada's Lifeguarding Experts



## Don't be a distracted parent

- Research informs us that we can only concentrate on one thing at one time.
- This is particularly important when it comes to children around water.
- A child can drown in seconds and it often happens silently.
- Drowning victims cannot keep their heads above water so they cannot speak or call out for help.
- If you are on your phone you cannot see them and likely will not hear them.

## Put your phone down!

**ALL children should learn to swim.  
We can teach them.**



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*

For more information visit  
[www.lifesavingsociety.com](http://www.lifesavingsociety.com)  
or contact your local pool