Water Smart® tips for parents of children under 5 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. Children 1-4 years are at high-risk.
• Almost 500 people drown each year in Canada.
• Drowning is a fast and silent killer. A child can drown in as little as 10 seconds. Victims rarely call, wave or signal for help because they can’t keep their heads above water.

Parents have a responsibility to vigilantly supervise their young children.

• Keep your eyes on young children at all times around water. And stay close – within arms’ reach.
• At the pool or beach, put young children in lifejackets to keep them at the surface. This may give you the seconds needed to save a life.
• Stay tub-side until all the water has drained or you have removed your child from the tub.
• Restrict and control access to backyard pools by fencing all four sides.
• Empty and turn over wading pools and buckets of water when not in use.
• Take Parent & Tot lessons at your local pool. A positive introduction to water can give your child a lifetime of pleasure swimming. Toddlers get used to the water with their parents in an instructional setting.

® Water Smart is a registered trademark of the Royal Life Saving Society Canada.

All children should learn to swim. We can teach them. For more information, visit www.lifesavingsociety.com or contact your local pool.