



# **WATER SMART® TIPS**

For Parents of Children  
5 - 12 Years of Age

**DROWNING**  
Is Fast and Silent

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



## 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.
- Always have an adult watching children 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 weak or non-swimmers wear lifejackets.
- Get the training. Ensure that family members learn lifesaving skills.

**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