

# ON GUARD

When you wear the card, you're On Guard.



LIFESAVING SOCIETY

*The Lifeguarding Experts*

## **Drowning is fast, silent and preventable.**

1. Never leave children alone near water.
2. Stay within arms' reach of toddlers and non-swimmers.
3. Stay by the water's edge.
4. Watch every child. Enlist help if needed.
5. Make sure non-swimmers wear lifejackets.

Visit [www.lifesavingsociety.com](http://www.lifesavingsociety.com) for more information.