

Drowning is Silent

Among unintentional injuries, drowning is a leading cause of death for children.

Drowning is quiet and can happen in seconds. Most often, there is no splashing, waving or screaming.



Swimming Lessons are Essential

Teach children to swim at an early age. Educate them early about water safety.



Install Alarms

Install alarms on house doors and windows leading to a pool area.



Layers of Protection

Layers of protection include adult supervision, 4-foot tall fence with self-closing and self-latching gate, safety pool covers, alarms, education, throwing aids and rescue techniques.



Eye

Assign a Water Watcher, an adult who keeps a constant eye on kids around any water, including pools, spas, ponds, bathtubs, toilets and buckets. Young kids can drown in 1 inch of water within seconds.



Never Leave a Child Alone Near Water

If you must leave the water, take your child with you no matter their swim skill level. If a child is missing, first check the pool or other body of water.



Touch Supervision

Designate an adult to be within arm's reach of a child in water.

Signs of Distress

- Head tilted back
- Mouth is at or below water level
- Can't call for help
- Body is vertical
- Hair over forehead
- Can't wave for help
- Climbing ladder motion

5 Water Survival Skills Children Should Learn

- Step or jump into water over their head and return to the surface.
- Float or tread water for one minute.
- Turn around in a full circle and find an exit from the water.
- Swim 25 yards to the exit.
- Exit from the water without using the ladder.

Helpful Resources



Get certified in infant and child first aid and CPR

Find a class near you. American Red Cross
redcross.org

Mobile Apps



First Aid: American Red Cross

Apple & Android

Learn first aid through videos, interactive quizzes and simple step-by-step guides.



Swim: American Red Cross

Apple & Android

Learn water safety for the entire family, including risks and drowning prevention associated with water at home, lakes, rivers and oceans. A kids section makes learning fun with water safety messages using memorable phrases and shareable badges to reinforce learning.