

## DID YOU KNOW MAY IS NATIONAL WATER SAFETY MONTH?

Water Safety Month is an effort to help stop drownings in our local communities and provide children with the opportunity to learn this vital life skill.



As temperatures rise, kids want to cool off, whether that is in home pools, ponds, lakes, rivers, streams, or oceans. And that means the risk of drowning is as prevalent as ever. With National Water Safety Month in May, now is the time for parents and caregivers to reinforce the importance of equipping their kids with essential water safety skills. The important lessons learned during water safety month allow kids and teens to be confident in and around the water so that they can make life-long memories.

As “America’s Swim Instructor,” the Y typically teaches more than 1,000,000 children invaluable water safety and swimming skills each year. With many pools closed last summer due to COVID-19, the Y wants to make sure parents, caregivers and children make water safety a top priority as they head back to the water this year.

### 5 TIPS FOR WATER SAFETY



1. **Never swim alone or without a water watcher.**
  - When children are swimming, make sure they are actively supervised at all times. Teach your children that they should only swim in locations where a lifeguard is on duty, or where a responsible adult agrees to watch the children in the water without distractions.
2. **Supervise your children whenever they’re in or near water.**
  - Whether it’s bath time or taking a dip in a pool or lake, make sure your children are within arm’s reach at all times.
3. **Don’t engage in breath holding activities.**
  - Children should not hold their breath for a prolonged amount of time while swimming, as this can cause drowning and has several other severe physical side-effects.
4. **Wear a life jacket:**
  - Inexperienced or non-swimmers should wear a Coast Guard-approved life jacket.
5. **Don’t jump in the water to save a friend who is struggling in deep water.**
  - If a child finds their friend in deep water unexpectedly, their natural reaction may be to jump in the water to try to save them. Even if a child is a great swimmer, a panicked person will overpower them and easily pull the rescuer underwater. The Y’s Safety Around Water program teaches the “reach, throw, don’t go” concept of using a long object to reach for them and pull them to safety. By using this technique children can help their friend without compromising their own safety.



## **PARENTS PLAY A MAJOR ROLE IN WATER SAFETY**

**THERE'S A LOT TO LEARN DURING NATIONAL WATER SAFETY MONTH FOR BOTH CHILDREN AND ADULTS.**

**IF YOU TAKE AN ACTIVE ROLE IN YOUR CHILD'S WATER SAFETY, THEN YOU'LL BE TEACHING THEM LESSONS THAT WILL LAST A LIFETIME.**

**THE YMCA HAS PROVIDED WATER SAFETY TRAINING FOR OVER 50 YEARS, WITH MULTIPLE PROGRAMS THAT KIDS AND ADULTS CAN JOIN, INCLUDING:**

- **SWIM LESSONS, WHICH PROVIDE ALL MEMBERS WITH THE OPPORTUNITY TO LEARN BASIC SWIMMING TECHNIQUES.**
- **LAP SWIMMING FOR MEMBERS WHO ARE MORE ADVANCED THAN WHAT THE BASIC CLASS HAS TO OFFER.**
- **RECREATIONAL SWIM LESSONS THAT COVER THE BASICS AND SOME ADDITIONAL TECHNIQUES THAT WILL HELP ALL MEMBERS IMPROVE THEIR SWIMMING SKILLS.**

**TAKE THE OPPORTUNITY NOW TO LEARN WATER SAFETY TIPS AND KEEP SAFE AROUND WATER THIS SUMMER. SIGN YOUR FAMILY UP FOR LESSONS TODAY!!**

**DID YOU KNOW?**

**EVERY DAY, TWO CHILDREN AGED 14 AND UNDER WILL DIE FROM DROWNING. IN FACT, DROWNING IS THE SECOND-LEADING CAUSE AMONG THIS AGE GROUP. IF CHILDREN LIVE IN AREAS CONSIDERED ETHNICALLY DIVERSE, THIS STATISTIC CAN BE TWO OR THREE TIMES HIGHER.**

**AS MANY AS EVERY 2-IN-3 YOUTH, DEPENDING ON THEIR ETHNICITY, NEVER LEARN HOW TO SWIM.**

**BETWEEN 40% AND 64% OF CHILDREN IN THIS AGE GROUP IN THE UNITED STATES HAVE LITTLE OR NO SWIMMING ABILITY.**