



EMPOWERING KIDS THROUGH WATER SAFETY RULES

Prevent drowning.
Never swim alone.



Children and adults drown without a sound. Drowning is the leading cause of accidental death for children under the age of five and can happen in less than two inches of water.



River Delta Fire District
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PREVENT DROWNING!

Never swim alone. Kids need to ask an adult before going in or around a pool or spa. Adults should also never swim alone. Remember, if no one is with you, no one can help save you.

THERE IS NO SUBSTITUTE FOR ACTIVE SUPERVISION.

Keep an eye on the water at all times and use the Water Watcher card strategy, which designates an adult as the Water Watcher for a certain amount of time (i.e. 15-minute periods), especially when multiple adults are present.

LEARN TO SWIM.

Don't rely on swimming aids. Remember that swimming aids such as water wings or noodles are fun toys but never use them in place of U.S. Coast Guard approved personal flotation devices (life jackets).

GO FEET FIRST!

Rocks, sandbars, and other dangers can hide just below the water's surface. Going feet first helps to find these dangers and allows you to know how deep the water is in that area.

PLAY SAFELY AROUND THE WATER.

Running, jumping, or pushing others in or around the pool can be dangerous. Be safe and walk around pool decks. Have an adult get toys or other objects out of the water.

EDUCATE KIDS ABOUT SWIMMING SAFELY.

Everyone is different. Enroll in swim lessons when you feel you and your child are ready. Start slowly with babies; some are ready at 12 months or even earlier, others are not. Swim in designated areas only and always have an adult Water Watcher and never swim alone.

DON'T LET DRAINS DRAG YOU DOWN!

Drains can create a lot of suction, which can trap people under water. Teach children to stay away from drains and install safety drain covers.

ALWAYS WEAR SUNSCREEN AND DRINK PLENTY OF FLUIDS.

Swimming in the cool water can hide signs of sunburns and dehydration. Reapply sunscreen, even if it is waterproof, and drink plenty of water or fluids without caffeine.