

SAFETY TIPS



- Make sure your child is supervised by you or another adult who is an experienced swimmer.
- Stay within arm's reach of your child at all times.
- If you have a pool, control access by installing a 1.2 m (4 ft) high fence on all 4 sides. Also install a locking, self-closing, self-latching gate.
- Sign your child up for swimming lessons and take them too.
- Learn First Aid and Cardiopulmonary Resuscitation (CPR).
- Have young children and weak swimmers wear lifejackets.
- Drain all backyard wading pools after using them.
- Establish swimming rules and make sure they are followed.
- Ensure life saving equipment is always close by.

In case of emergency call 911 immediately.

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Protecting your child is a desire all parents share. This swimming safety information can help you stay safe while you experience some of the fun activities you can enjoy here. In Canada, there are many places to swim, play or relax by the water. Swimming is a great way for you and your family to have fun and stay active. If the safety rules are not followed, though, swimming can have serious risks.



Why do so many children drown?

Drowning is the second leading cause of injury-related death for children under the age of 10 in Canada. Children drown most often in swimming pools, lakes, streams and rivers.

On average 36% of children who drown are not being watched. Backyard pools are the most common place for children under 5 to drown.

Fortunately, there are many steps you can take to protect your child.

Swim safe

Make sure your child is supervised by you or another adult who is an experienced swimmer.



Always stay within arm's length of your child. This is especially important if your child is under 5 years of age or is a weak swimmer.

Keep a close eye on older children too. Even if they know how to swim they can still get into trouble, especially in open water. Have your children take swimming lessons. But remember,

even though they are learning to swim, or already know how, supervision is still critical.

You can protect your child even more by learning First Aid and CPR and by taking swimming lessons too. If they fall into the water, pulling them out quickly and performing CPR could save their life.

Always have younger children and weak swimmers wear lifejackets. And remember, it is still important to supervise children who are wearing lifejackets.



If you have a pool, control access by installing a 1.2 m (4 ft) fence on all 4 sides. Also install a locking, self-closing, self-latching gate.

Wading pools full of water can also be dangerous. Empty them after each use. Then turn them over so that they can't fill up with rainwater.

Establish a set of swimming rules and make sure they are followed. Ensure life saving equipment is always close by.

Swimming is fun and it is important to respect the rules. If you teach children about the potential dangers of water, they are more likely to obey the rules and stay safe.

