



# WATER SAFETY TIPS

## ACTIVE SURVEILLANCE

Whether it's bath time or taking a dip in a pool or lake, make sure young children are within arm's reach at all times and never swim alone.



## ALWAYS ASK

Teach your children to always ask before getting into the pool, or any body of water. This will help keep your children safe.

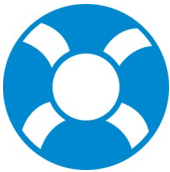
## SUIT UP

Inexperienced or non-swimmers should wear a Coast Guard-approved, personal flotation device while in the water.



## REACH OR THROW, DON'T GO

When a friend is in trouble in the water, REACH out to them or THROW an object that floats; BUT DON'T GO in the water after them.



## TEACH THEM EARLY

Learning water safety sequences like SWIM-FLOAT-SWIM and JUMP-PUSH-TURN-GRAB can save your child's life. Check with your local fire department about CPR classes.

## REFRAIN FROM BREATH-HOLDING

Swimmers shouldn't hold their breath for a prolonged amount of time. This can cause drowning or other severe physical side-effects.



Formal swim lessons reduce childhood drownings by 88%. Register your child today for the FREE Safety Around Water program at:  
**[TUCSONYMCA.ORG/SWIMLESSONS](http://TUCSONYMCA.ORG/SWIMLESSONS)**