

SWIM SAFELY

1.

Teach children to swim and learn to swim yourself

2.

Provide active and constant supervision of children in the water

3.

Keep babies and toddlers within one arm's length in the water at all times

4.

Put away phones and other distractions around water to focus on swimming safety

5.

Make sure children and non-swimmers wear U.S. Coast Guard-approved life jackets

6.

Note changes in visibility, sudden drop-offs, uneven surfaces, currents and undertow in open water

7.

Watch for signs of water injury even when the swimming is over



BE A WATER WATCHER

Drowning is fast, silent and preventable. Children and teens need your help to stay safe in pools, lakes, rivers and any other body of water. That teaching starts before anyone feels the first splash!

Water Safety Tips

- Use physical barriers to prevent children from accessing any source of water.
- Teach children to ask permission to go near water and to stay away from pool and spa drains.
- Learn CPR and basic water rescue skills so you are prepared in an emergency.
- Set alarms on pools and doors/windows leading to pools.
- Teach kids that swimming in open water is different than swimming in a pool.
- Do not give children foam or air-filled toys to stay afloat, such as rafts, water wings, inner tubes or noodles, in place of a U.S. Coast Guard approved life jacket.
- Make sure children stay away from water hazards such as garden ponds, creeks, streams, wells, cisterns and other bodies of water.
- Empty tubs, buckets and kiddie pools immediately after use.
- Never leave a young child unattended in a bathtub. Do not trust a child's life to another child or safety equipment alone.
- Use safety locks on toilets and keep bathroom doors closed and toilet-bowl covers down when small children are in the home.

For more information on water safety, visit
[AustinTexas.gov/HeatAware](https://austintexas.gov/HeatAware) or
[AustinTexas.gov/page/water-safety](https://austintexas.gov/page/water-safety)

