## TEACHING KIDS ABOUT WATER SAFETY

# NATURAL WATER SAFETY

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### **WEAR A LIFEJACKET**

If children are anywhere near the water, make them wear a lifejacket

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### **ALWAYS WITH AN ADULT**

Children should never swim alone

Children should ask an adult before getting in



### TAKE A LOOK AROUND

Before jumping in the water, make sure there aren't people or objects in your way



### **ENTER CAREFULLY**

Don't jump or dive into water where you don't know the depth

Don't dive into shallow water

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RESPOND TO AN EMERGENCY

### RECOGNIZE AN EMERGENCY

## ACTIVE DROWNING:

Drowning isn't what most people think

- -Silent
- -Little to no splashing
- -Vertical position
- -Moving arms and legs
- -No forward progress



# PASSIVE DROWNING:

Can be on top or below the surface of the water

No motion

\*These drowning scenarios are simulated

# RESPOND TO AN EMERGENCY

Get help right away!

Teach kids to say "Someone is stuck in the pool!" not just "Someone needs help!"



### **POOL SAFETY**



### PLAY GENTLY

Don't push people in or hold people under water

Don't jump when people or objects are in the way

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#### ONLY WITH ADULTS

Children should never swim alone

Children should ask an adult before getting in

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### **ONLY WALKING FEET**

Don't run around a pool

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### LAY DOWN TO REACH

Instead of leaning over, children should lay on their belly to reach for toys

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### SAFELY RESPOND TO AN EMERGENCY

### REDUCING DROWNINGS LOCALLY TO CHANGE STATISTICS NATIONALLY

### **DROWNING** STATISTICS:

About 4,000 people in the U.S. drown every year.

Drowning is the number one leading cause of death for children ages 1-4 in the U.S.

Over half of drowning deaths in TN occur in natural bodies of water.

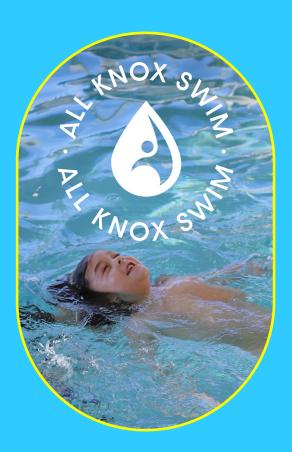
80% of people who drowned in natural bodies of water in Knox County were not wearing a life jacket.

Sources: CDC, TNOSCME, **Knox County MEO** 



This is not a comprehensive guide. Scan to see our website for more information.

allknoxswim.com/pamphlet



### **OUR MISSION:**

**CHANGE WATER JAFETY CULTURE IN** Jesus Name.

SO TEACH US TO NUMBER OUR DAYS THAT WE MAY GET A HEART OF WIJDOM.

-PJALM 90:12



**KNOXVILLE**"