

TEACHING KIDS ABOUT WATER SAFETY

NATURAL WATER SAFETY

W WEAR A LIFEJACKET

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

A ALWAYS WITH AN ADULT

Children should never swim alone
Children should ask an adult before getting in

T TAKE A LOOK AROUND

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

E ENTER CAREFULLY

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

R 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

P PLAY GENTLY

Don't push people in or hold people under water
Don't jump when people or objects are in the way

O ONLY WITH ADULTS

Children should never swim alone
Children should ask an adult before getting in

O ONLY WALKING FEET

Don't run around a pool

L LAY DOWN TO REACH

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

S 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
SAFETY CULTURE IN
JESUS' NAME.**

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

-PSALM 90:12



**"A DROWNING-FREE
KNOXVILLE"**