



WATER SAFETY TIPS FOR KIDS



Whether your child is swimming in a pool, lake, or the ocean, water safety should always come first. Here are essential tips every parent and caregiver should know to help kids stay safe and have fun.

1. Always Swim with an Adult

- Children should never swim alone. A responsible adult should always be nearby, paying close attention without distractions like phones or reading.

2. Pools: More Than Just Fun

- Make sure pools have secure fencing with a self-latching gate
- Remove toys after swimming to prevent kids from returning unsupervised
- Teach kids not to run around slippery pool edges or dive in shallow water

3. Lakes and Rivers: Respect Natural Water

- Always check the depth before entering
- Avoid swimming near boats, piers, or moving currents
- Wear life jackets in open water, especially if the child is not a strong swimmer

4. Ocean: Know Before You Go

- Swim near lifeguard stations when possible
- Watch for signs of rip currents and teach kids how to "float and swim parallel" to escape them
- Be aware of tide changes, waves, and marine life

5. Gear Up with Life Jackets

- Air-filled toys are not a substitute for Coast Guard-approved life jackets. Use proper flotation devices for lakes, rivers, and boating activities.

6. Sun and Safety Go Together

- Apply waterproof sunscreen 30 minutes before swimming
- Reapply every 2 hours or after towel drying off
- Keep plenty of drinking water on hand to prevent dehydration



7. Enroll Kids in Swim Lessons

- Lessons can help children learn basic swimming skills and how to float or tread water. Even toddlers can start water safety classes with supervision.

For more information on water safety tips for kids, visit:

www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/water-safety-for-kids.html?srsltid=AfmBOorsZjUmdTboBgx1-60EnDQsH-qabspONtnZr5XEQw9rz4f-3KSv



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