



Water Safety Information from the YMCA:

- In Florida, drowning is the leading cause of death to children, ages 0-4. The numbers in Florida are more than double the national average and are higher than any other state in the nation.
- Drowning is the second leading health threat to kids 14 and under.
- Among children ages one to four years old, most drownings and near drownings occur in residential swimming pools.
- Of all preschoolers who drown, 70% are in the care of one or both parents at the time of the drowning; 75% are missing from sight five minutes or less.

Water Safety Best Practices:

- Never leave children unsupervised around a pool or other body of water. In the time it takes to answer the phone a child can drown.
- When multiple adults are around, make sure that one adult is designated as the 'water watcher'. It's very easy to think that someone else is keeping an eye on the children.
- Teach children from an early age that they can only enter the water when they have permission.
 - The YMCA swim lesson program begins with a water orientation class for parents with children between 6 months and 3 years of age. From infancy we teach the use of cues, like counting to 3, for entering the water.
- Don't rely on swimming aids, especially inflated ones, to protect your child. They are not designed as lifesaving devices and can fail.
 - Inflated wings and rings can deflate or pop and some seated devices can flip and actually hold a child underwater.
- Although supervision is always the best protection, swimming lessons can certainly improve a child's chances in a bad situation.
 - In YMCA swim lessons we teach more than just swimming skills. We teach children to act responsibly and follow pool rules, to stay calm and call for help if an accident happens, and to be confident and make good decisions.

The YMCA has a long history of commitment to water safety. We were the first organization to offer group swimming lessons, and we published the first lifeguard manual.

We have multiple YMCA locations throughout the Tampa Bay Area offering aquatic programming for infants all the way up to 'active older adults'. Visit our website for more information on the locations nearest you.

The charity where you belong.

For branch locations, hours, and schedules visit www.tampaymca.org