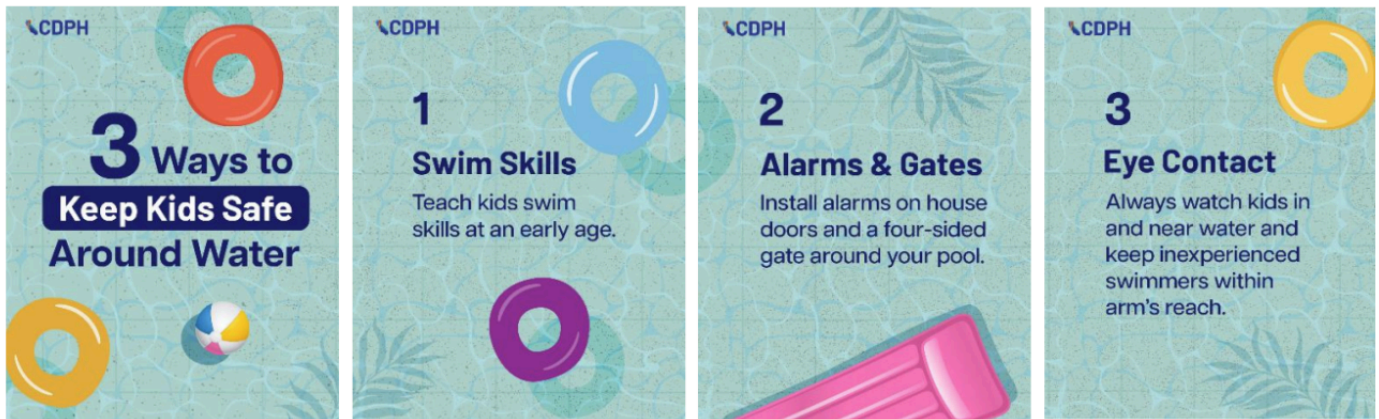




Drowning Prevention and Swim Safety

Every year, communities in California are tragically impacted by drownings. Drowning is a leading cause of injury-related deaths among children under the age of five. Often, drownings occur at pools in people's homes—usually during times no one was supposed to be swimming. Drowning is silent and can happen in minutes. If you own a home with a pool or are visiting a home with a pool or other body of water, there are steps you can take to protect children from drowning, including:

Adult supervision at all times, swim lessons starting at a young age, installing barriers like fences and gates, and using life jackets (especially for water activities). Use the following social media messages to help Californians be mindful of children's health and safety when in or around water.

Additional Resources:

- [Toddler Pool and Spa Safety](#) (CDPH)
- [Drowning Prevention](#) (Department of Developmental Services)
- [Drowning Prevention Campaign Toolkit](#) (American Academy of Pediatrics)
- [Pool Safety Education Campaign](#) (U.S. Consumer Product Safety Commission)

Videos

Water Safety and Drowning Prevention Message from CDPH (Full - 1:51)

- [Water Safety](#) - Drowning Prevention
- [Water Safety](#) – Swimmer Safety
- [Water Safety](#) – Best Practices
- [Water Safety](#) – Lifejacket



Drowning is often quick and silent. Take these steps to prevent drowning:



Always Watch Children Around
Pools & Bodies of Water



Every Child, Every Swim, Every Second

- Always supervise children around pools and near water, even when lifeguards are present.
- Have children wear a properly fitting, U.S. Coast Guard-approved life jacket for their size and weight.

Learn more: <https://www.cdc.gov/drowning/prevention/index.html>

Keep water activities and swim time safe and fun by having an alert, sober, and undistracted "water watcher" every time children are swimming. No cell phones, reading, drugs, or alcohol. Switch watchers every 20 minutes to stay fresh and focused.

Learn more: go.cdph.ca.gov/DrowningPrevention



As temperatures heat up, keep water safety top of mind. Prevent drowning by always keeping new or inexperienced swimmers and young children within arm's reach when swimming or around water.

Children ages 1–4 are at greatest risk of drowning. Toddlers are mobile, curious, and fast. Always watch children around pools and near water. Never leave them alone, even for a few seconds. Young children can sometimes go outside unnoticed. If a child is missing, check the pool or spa area first.

Do you have a pool? Prevent drowning with layers of safety:

- Install a four-sided fence at least four feet tall that fully encloses the pool. Make sure it has a self-closing and self-latching gate
- Learn CPR for drowning victims
- Always keep rescue equipment near the pool
- Remove toys from the pool area that might attract children

Young children can sometimes go outside unnoticed. If a child is missing, check the pool or spa area first. Know your limits — don't overestimate your swimming abilities.

- Don't use alcohol or drugs when swimming or boating.
- Learn CPR and basic water safety.
- Choose swimming spots with lifeguards on duty.
- Enter the water feet first the first time and follow "No Diving" signs.

Learn more tips:

<https://www.healthychildren.org/English/safety-prevention/at-play/Pages/Water-Safety-for-Older-Children.aspx>