

# SAFETY AROUND WATER

2 children die every day because of drowning.<sup>1</sup> For every child who dies from drowning, another five receive emergency care for nonfatal submersion injuries.<sup>2</sup> Over 50% of drowning victims treated in emergency departments require hospitalization or transfer for further care.<sup>3</sup>

In ethnically diverse communities, the youth fatal drowning rate is 2-3 times higher than the national average. 60% of African-American, 45% of Hispanic/Latino and 40% of Caucasian children cannot swim.

In underserved communities, 79% of children who live in households with incomes less than \$50,000 have no/low swimming ability.

## Most of these tragic deaths are preventable.

The Y is committed to keeping kids safe in communities where children are most at risk. In 2015, Y-USA launched the Safety Around Water Program (SAW), designed to reduce children's risk of drowning by teaching them basic water safety skills.

Through learning how to perform a sequenced set of skills over eight lessons of 40 minutes each, the risk of drowning is reduced, giving children confidence in and around water. Programs like these can be taught in community pools, schools, apartment complexes, hotels, and beaches.

## Teaching children how to be safe around water is not a luxury; IT IS A NECESSITY.

### WHAT IS SAFETY AROUND WATER?

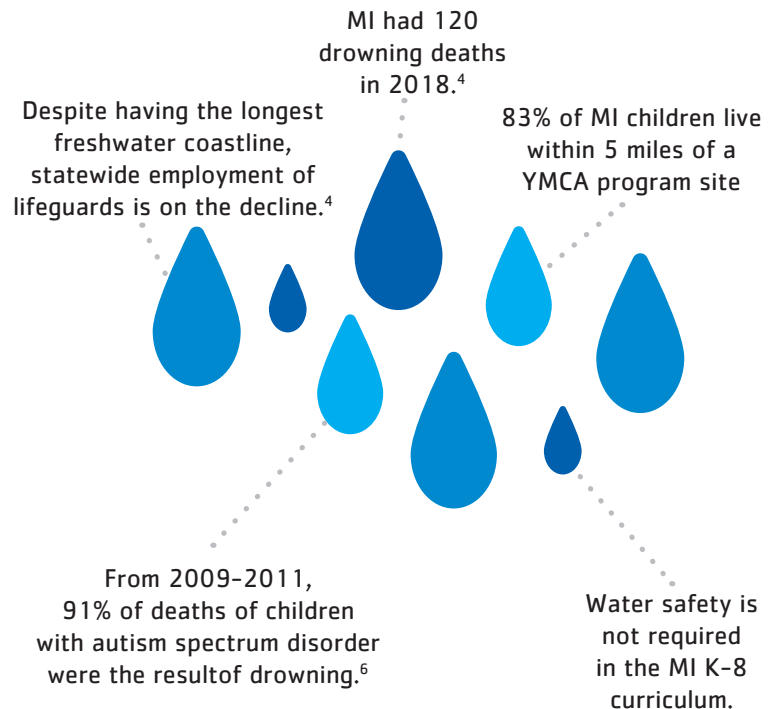
This 8-session course teaches kids water safety and basic swimming skills that help reduce the risk of drowning and build confidence in and around water.

A typical session includes:

- Exercises to help kids adjust to being in water
- Instruction in "Jump, Push, Turn, Grab" and "Swim, Float, Swim," two skill sets kids can use if they unexpectedly find themselves in the water
- Specific safety topics, like what to do if you see someone in the water who needs help
- Fun activities that reinforce water safety skills

#### Sources

1. USA Swimming Foundation
2. Laosee, OC, Gilchrist, J, Rudd, R. MMWR 2012; 61(19):344-347.
3. Cummings P, Quan L. Trends in Unintentional Drowning: The Role of Alcohol and Medical Care.
4. Great Lakes Water Safety Consortium
5. Michigan State Health Data
6. National Autism Association



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