Swimming Safety Tips

Whether it's a trip to the beach or a dip in your back yard pool, these swimming safety tips can help you have your fun in the sun. In association with Safe Kids Worldwide, the River Forest Fire Department would like to remind all parents of the dangers associated with swimming.

Hard Facts about Swimming Hazards:

- Drowning is the leading cause of injury-related death among children ages 1-4.
- Drowning is the third leading cause of unintentional injury-related death among children under 19.
- In recent years, nearly 900 children under the age of 19 drowned annually and more than 7000 were seen in emergency rooms.

Top Tips for Swimming Safety:

- Watch kids when they are in and around water. Keep young children within arms reach.
- Choose a Water Watcher among the adults who can also swim.
- Teach children how to swim.
- Teach children that swimming in open water is very different from swimming in a pool.
- Learn CPR and basic water rescue skills

- Make sure kids learn these five water survival skills
1. Step or jump into water over their heads and return to the surface.
2. Turn around in water and orient to safety.
3. Float and tread water.
4. Combine breathing with forward movement in the water.
5. Exit the water.

For more information on Swimming Safety please call the River Forest Fire Department at 708-714-3562

WATER WATCHER

While wearing this tag, I agree to supervise the children in the open water or pool, keeping them in sight at all times.

I will not leave the water area without finding an adult to replace me.

When children are swimming and there are several adults present, make sure kids are actively supervised at all times by choosing a Water Watcher. A Water Watcher is a responsible adult who agrees to watch the kids in the water without distractions and wear a Water Watcher card. After a certain amount of time (such as 15-minutes), the Water Watcher card is passed to another adult, who is responsible for the active supervision.