

SPLASH



Navy Fitness Drowning Prevention Campaign

Through SPLASH, Navy Fitness strives to educate parents and youth on pool safety and the dangers associated with unsupervised swimming.

Keep Your Child Safe at the Aquatics Facility with Six Key Tips:

- S** **tay within arm's reach.** Adult supervision is the first line of defense in preventing accidental drownings. Drownings can occur quickly and quietly, and in as little as 1 inch of water.
- P** **rotect your non-swimmers.** Water wings and other inflatable floats and devices are not designed to save your child, nor allowed in Navy MWR Aquatics facilities.
- L** **earn to swim.** Research shows a reduction in the risk of drowning by as much as 88 percent among children 1-4 years old who participate in formal swim lessons. Navy MWR provides swim lessons for all ages. Contact your local Aquatics staff for more details.
- A** **ssess swim skills.** Proper skills assessment is vital in ensuring the safety of children. Lifeguards will be available at times specified by the local facility to provide the official Navy Youth Swim Test.
- S** **wim safely.** Youth non-swimmers and swimmers must remain in their designated areas at all times. Stay safe, swim safe.
- H** **ang it up.** It only takes 20 seconds for a child to drown. No tweet, status update, text, or phone call is worth risking a child's life.



Navy Fitness: Making a SPLASH in swim safety!

