

ACT NOW!

•ACT NOW: learn how to choose and fit a PFD for your child. Buy one today! For tips for purchasing and trying out your new PFD visit the Transport Canada website www.tc.gc.ca

•ACT NOW: find an infant / child CPR course in your community by contacting the pool or recreational facility nearest you, or search online for a course at www.redcross.ca

•ACT NOW: find a swimming and/or water safety course near you, visit www.lifesaving.mb.ca or www.redcross.ca

•ACT NOW: read the Health Canada Fact Sheet about pool safety at www.hc-sc.gc.ca and the Safe Kids Canada online guide about backyard pool safety, including fencing, alarms, covers, and safety equipment at www.safekidscanada.ca

Other Active & Safe Kids Manitoba Resources

Cycling Safety
Playground Safety
Ice Skating Safety
Skateboarding Safety



Kids Don't Float

FAMILY ACTION GUIDE

on water safety



Contact us:
Manitoba Coalition for Active and Safe Kids
Ph: (204) 925-5651 • Fax: (204) 925-5703
Email: safekidsmb@sportmanitoba.ca
www.activesafekidsmanitoba.ca

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ACTIVE!

Swimming is one of the most popular summer recreation activities for children and their families. Manitoba lakes, beaches, and pools are visited by thousands of children and their families every summer for swimming, playing, and boating.

and SAFE!

Drowning is the second leading cause of injury-related death in Canadian children. Children are attracted to water and don't understand the risks. Whether your children are playing in the backyard pool, at the beach, or swimming in the local public pool, you can **ACT NOW** to prevent drowning.

Active & Safe Kids Manitoba Program

This series of family and community action guides were designed by the Active and Safe Kids Manitoba Coalition. This program aims to increase the use of protective equipment such as helmets, wrist guards, and PFDs in children and youth, and to raise awareness about preventing injury during popular recreational activities such as cycling and wheeled sports, swimming, and skating.

Supervise within arms-reach

- ✓ Stay within arms-reach of infants, toddlers and non-swimmers when swimming or playing in water.

Wear a Lifejacket

- ✓ Infants, toddlers and non-swimmers should wear a properly fitted and fastened lifejacket or PFD when swimming or playing near water such as in backyards where there is a pool, at the beach, on a dock, and while fishing.
- ✓ All persons in the boat should wear a lifejacket or PFD when boating.

Learn to Swim

- ✓ Everyone should learn to swim and learn basic water safety skills.

Learn Lifesaving Skills

- ✓ Take an infant/child CPR course.
- ✓ Ensure all caregivers designated to supervise swimming children have CPR and water safety training.

Fence your Pool

- ✓ Portable wading pools and backyard pools, hot tubs and spas are a drowning risk to young children.
- ✓ Empty wading pools when not in use. Use covers with locks for hot tubs and spas. Fence all permanent backyard pools.
- ✓ The best pool fencing completely encloses the pool and isolates it from the house (4-sided fencing). Pool fences should have a self-closing and self-latching gate and should be constructed to discourage climbing.
- ✓ Check your local municipal bylaws for fencing requirements in your area.