

Be Your Own Lifeguard!

Your primary role as your “family’s lifeguard” is prevention.



Protect yourself and your loved ones

- 51% of all drowning victims were not being supervised.
- 42% of all private pool drownings were of children between the ages of 0-12.
- 26% of all bathtub drownings were of children between the ages of 0-12.
- 59% of all drowning victims were within 0-2 m from safety.
- Of those people who drowned while boating, 79% were not wearing a PFD or lifejacket.
- Almost all Canadians (98%) agree that swimming is a life skill that every child should learn.

These drowning statistics are based on Lifesaving Society research from the past ten years.

For more information, contact:



LIFESAVING SOCIETY®
The Lifeguarding Experts

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As lifeguards our main focus is on safety and prevention. Less than 1% of all drownings occur under lifeguard supervision.

Be a Good Role Model

- Be attentive, be watchful – stay within arms reach.
- Model safe behaviour.
- Teach how to be safe around water.

Create Safe Places – At Home

- Lock it up! Restrict access to the pool with a four sided fence that has a self-closing, self latching locked gate.
- Set a “no diving zone” in pool water less than 2.5 m (8 ft 4 in).
- Equip your pool for safety: lifejackets, reaching pole, first aid kit, and emergency phone.

Create Safe Places – At the Beach

- Check for hazards in the water and around the beach.
- Determine how quickly the water gets too deep.
- Define the play area and stay within those boundaries.
- Watch out for currents or offshore winds that can take people out of safety’s reach.

Set the Rules

- Always have a “Designated Lifeguard” at the pool / beach.
- Expect children and adults to follow the rules, including you.
- Non-swimmers should wear a properly fitted lifejacket.
- Floating toys create risks; watch carefully as they don’t guarantee the users safety.

Know your Emergency Plan

- Have a plan – know what to do during an emergency.
- As a family practice that plan.
- Have emergency phone numbers posted - easily seen.

Get Trained – Stay Skilled

- Learn lifesaving skills in a Bronze Medallion course.
- Take a CPR class. Learning CPR is now easier than ever.
- Stay fit, practice what you’ve learned.



Did you know ...

48 per cent of Canadians admit that they’ve had an experience around water that caused them to fear for someone’s safety.

Learn More

Get your copy of the Lifesaving Society Private Pool Standards or Waterfront Safety Standards from “The Shop” www.lifesaving.org