



LIFESAVING SOCIETY

The Lifeguarding Experts

Key to Water Safety is “Within Arms’ Reach”

Summer in Canada is synonymous with water play and unfortunately that can spell disaster. Almost 500 Canadians die every year in water-related incidents. Young victims who are less than five years of age have an extremely high risk of drowning and are usually unsupervised when drownings occur. As Canadians spend their summer at Canada’s many lakes, rivers, beaches and pools, it is important to note that most drownings and near-drownings occur in unsupervised outdoor waterways.

The Lifesaving Society recommends that parents keep children under five years of age **within arms’ reach** at all times. In fact, the Lifesaving Society says, if you’re not within arms’ reach, you’ve gone too far. Even leaving children unsupervised momentarily can prove hazardous as drowning is often silent and can happen in as little as 10 seconds.

The Lifesaving Society offers these crucial tips to keep safe during the summer:

- Stay **within arms’ reach** of children – don’t leave children unsupervised as drownings can occur in as little as 10 seconds.
- Restrict access to backyard pools and ensure there is a lockable gate and fence around the entire perimeter of the pool.
- Make sure children are wearing an approved lifejacket or personal flotation device when playing near water.
- Lock all doors leading out to bodies of water and secure low windows that a child could crawl through.
- Establish rules that children must follow when near water.
- Closely supervise children with inflatable toys.
- Drain backyard wading pools and empty buckets of water when not in use.
- Get trained! Enroll in a Lifesaving Society swimming and first aid training course.

Following these simple guidelines and visiting <http://www.lifesaving.ca> can help ensure a safe and enjoyable summer.

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