

A public service message sponsored by:

City of Hilliard Recreation & Parks Department
614-876-5200 :: hilliardohio.gov

Hilliard / Ray Patch Family YMCA
614-334-9622 :: ymcacolumbus.org/hilliard

Aquatic Adventures Ohio
614-545-3700 :: aaoswim.com

save lives.

Safety isn't expensive, its priceless.
- Author Unkonwn

swim smart.



save lives.

Lives Lost

Drowning is one of the leading causes of unintentional deaths in children under 14 years old.

- Drowning can be a silent event with no warning. Non-swimmers or exhausted swimmers are unable to call for help.
- Children can drown in as little as one inch of water. Any amount of water that covers a child's mouth and nose can be deadly.
- Most toddler drownings occur when in the care of one or both parents and the caregiver is distracted.
- Most toddlers who drown were missing from sight for five minutes or less.
- Children between 1 and 4 years old are most likely to drown in hot tubs, spas or swimming pools.
- Nineteen percent of drowning deaths involving children occur in public pools with certified lifeguards present.

Safety first is safety
always. – Charles M. Hays

Time Matters

In the time it takes to cross the room for a towel or answer the phone a small child can drown.

- In only seconds after submersion, an infant's lungs begin to fill with water.
- In only seconds after submersion, a small child can lose consciousness.
- In as little as 4-6 minutes after submersion, a child's brain is damaged.

Seventy-five percent of our
planet is water.

Can you swim?

– Author Unknown

Lives Saved

How can you prevent a child from drowning?

- Understand that lifeguards are on duty to enforce rules and respond to emergencies, not babysit children.
- Empower children by enrolling in learn to swim programs.
- Even when a lifeguard is present, always provide adult supervision while children are around water.
- Do not rely on flotation devices to support your child.
- Never, even for a moment, leave small children alone in bathtubs, spas, pools, or other standing water.
- Remove all water from pails, buckets, and small plastic pools immediately after use.
- Be prepared to respond in an emergency by becoming certified in Cardiopulmonary Resuscitation (CPR).

Spread the Word

Ignorance about drowning can be deadly. Help by educating yourself and others on ways to prevent drowning.

- Inform loved ones about potential drowning risks and prevention techniques.
- Encourage family members over 14 years old to become certified in CPR; skills should be updated each year with a recertification class.

The child you save could
be your own. – Author Unknown



swim smart.