

# ***DID YOU KNOW?***

## ***Drowning is the second leading cause of injury related death for Canadian children?***



### ***Families can enjoy swimming and water play as a part of a healthy active lifestyle***

- ✓ Install a four-sided isolation fence, with self-closing and self-latching gates, around backyard swimming pools.
- ✓ Establish pool rules. These can include: swim with a buddy, and always enter the water feet-first.
- ✓ Swimming lessons are a good way for children to gain confidence around water but swimming lessons alone cannot prevent your child from drowning.
- ✓ Adult supervision is of the utmost importance - never leave your child unattended, not even for a second.
- ✓ Pick the best time of the day to swim. Avoid swimming at night and in stormy weather.
- ✓ When on or near the water, lifejackets or PFDs, close by isn't close enough. Choose to WEAR your lifejacket or PFD.
- ✓ A Canadian approved standard lifejacket, when worn properly, is designed to turn an unconscious person from face down to face up in the water, allowing them to breathe.
- ✓ PFDs are available in many bright colours. The Canadian Coast Guard strongly recommends bright colours for better visibility.
- ✓ A lifejacket or PFD should fit snugly, with all the buckles, zippers and snaps done up, but still allow room to breathe and move around freely.
- ✓ Get trained in CPR (cardiopulmonary resuscitation), first aid, water rescue and swimming skills.
- ✓ Babies can drown in as little as 2.5 centimetres (one inch) of water in just a few seconds. It is important to always stay within sight and reach of your child when in the bath tub.



#### **MIDLAND FIRE DEPARTMENT**

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