



Safe Swimming

Swimming is a great activity for kids and safety should always be top on the list. It only takes a few seconds before anyone can silently slip under the water. Children and weak swimmers are especially at risk. Many kids love the water but they can misjudge their own swimming ability. Constant supervision is vital to ensure they stay safe while swimming. Here are some tips to prevent drowning:

- Stay within arms' reach of any children in and around the water.
- Enrol children in swimming lessons.
- Consider taking lessons if you are a weak or non-swimmer.
- Remain distraction free when looking after children in the water.
- Ensure weak or non-swimmers wear a lifejacket or personal flotation device (PFD) in and around the water.
- Install four-sided fencing to prevent a child from having direct access from the house. Gates to the pool must include a self-latching, self closing gate with a lock.

For more information visit www.ottawa.ca/health or contact Ottawa Public Health at 613-580-6744.