



# **WATER SMART® TIPS**

For Parents of Children  
Under 5 Years of Age

## **DROWNING** Is Fast and Silent

Water Smart® Tips from  
The Lifesaving Society  
Canada's Lifeguarding Experts



## **A child can drown in as little as 10 seconds**

Victims rarely call, wave  
or signal for help because  
they can't keep their heads  
above water.

### **Parents! Actively Supervise Your Children**

- Keep your eyes on them at all times around water. And stay close – within arms' reach.
- At the pool or beach, put them in lifejackets to keep their face out of the water.
- Stay beside the tub while your child is having a bath.
- Empty and turn over children's portable pools and buckets of water when not in use.

**ALL children should learn to swim.  
We can teach them.**



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*