Water Safety for Teens



Take steps to protect your teen, anytime he or she is near water.

infant



crawler



toddler



child



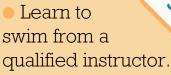


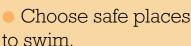
Every year, about 370 children and teens ages 10 to 19 drown. Many of these deaths happen in lakes or rivers, but teens can also drown in a pool - even teens who have learned how to swim.



In a boat, all adults and all children should wear life iackets.

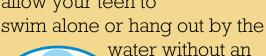
Help your teen get water smart:





- Learn to recognize hidden obstacles and rip currents.
- Never go in the water after drinking alcohol.

Most drownings occur when children swim without adult supervision. Never allow your teen to



water without an adult watching.



Be prepared to help. Teens should learn CPR.

Water safety is a family affair.



Do not allow your teen to rely on inflatable rafts as life preservers.

Do not swim at beaches with large waves, a powerful undertow, or no lifequards. Follow swim warnings posted at public beaches.





Teach your teen to always enter shallow and unknown water feet first.

