

SPLASH



Navy MWR Fitness Drowning Prevention Campaign

Through **SPLASH**, Navy MWR Fitness strives to educate parents and legal guardians on pool safety and the dangers associated with unsupervised swimming.



Keep Your Child Safe at the Aquatics Facility with Six Key Tips:

S **tay within arm's reach.** Adult supervision is the first line of defense in preventing accidental drownings. Drownings can occur quickly and quietly.

P **rotect your non-swimmers.** Water wings and other inflatable floats and devices are not designed to save your child, nor allowed in Navy MWR Aquatics facilities.

L **earn to swim.** Research shows a reduction in the risk of drowning by as much as 88 percent among children 1-4 years old who participate in formal swim lessons.* Navy MWR provides swim lessons for all ages. Contact your local Aquatics staff for more details.

A **ssess swim skills.** Proper skills assessment is vital in ensuring the safety of children. Lifeguards will be available at times specified by the local facility to provide the official Navy Youth Swim Test.

S **wim safely.** Youth non-swimmers and swimmers must remain in their designated areas at all times. Stay safe, swim safe.

H **ang it up.** A drowning child is suffocating underwater and can become unresponsive in as little as 20 seconds. No tweet, status update, text, or phone call is worth risking a child's life.



Navy MWR Fitness:
Making a **SPLASH** in swim safety!



www.navyfitness.org

*Reference: Brenner, R. A., Taneja, G. S., Haynie, D. L., Trumble, A. C., Qian, C., Klinger, R. M., & Klebanoff, M. A. (2009). Association between swimming lessons and drowning in childhood: a case-control study. Archives of Pediatrics & Adolescent Medicine, 163(3), 203-210 (<https://doi.org/10.1001/archpediatrics.2008.563>).