

NATIONAL Water Safety MONTH



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Safety Around Water!

Pools, spas, and hot tubs offer many extraordinary benefits for health, fitness and socialization. A pool is a great place to exercise because it offers both cardiovascular and strengthening benefits at the same time, a rarity in workouts. Having the family together and inviting friends to join you in your swimming pool, spa or hot tub provides a very special setting to spend time together and have fun.

Resources:

nationalwatersafetymonth.org

APSP.org

Poolsafety.gov

CDC.gov

As we approach the end of National Water Safety Month, Georgians must continue to recognize the popularity of swimming and other water-related recreational activities in Georgia, and the resulting need for ongoing public education on safer water practices this summer.

For too many caregivers, safety in and around water is not on the list of basic life skills all caregivers instinctively know they must teach their children to keep them safe and healthy; and that's

something we need to change.

Fatal drowning is the second-leading cause of unintentional injury-related death for children ages 0 to 17 years old. According to Georgia Bureau of Investigation, in 2014, 44 children died in Georgia due to drowning. The problem is particularly critical amongst minority communities. The disparity is partly due to the lack of swimming experience among these children.

Swimming can be a lifelong source of fun and exercise, and is the most effective way to stay safe in and around water. Instead of keeping your children away from water, help them learn fundamental water safety skills by enrolling them in lessons. Taking part in formal swimming lessons and water safety classes can reduce the risk of drowning by up to 88%. As foster, adoptive, and relative caregivers it is important to find ways to teach the children in your custody water safety practices. Please contact your local DFCS representative to identify and access services in your area. You may also contact your local YMCA or Aquatics Center.

For more water safety tips, please visit the links below:

[Children Aren't Waterproof](#)

[Simple Steps Save Lives](#)

[International Swimming Hall of Fame](#)

