



AQUATICS

DID YOU KNOW?



- As of 2008 Idaho had the 4th highest per capita drowning percentage. (University of Idaho)
- "Drowning is the sixth leading cause of unintentional injury death for people of all ages, and the second leading cause of death for children ages 1 to 14 years." (Center for Disease Control)
- "More than one in five fatal drowning victims are children 14 and younger. For every child who dies from drowning, another four received emergency department care for nonfatal submersion injuries." (CDC)
- One of the biggest reasons drowning occurs is because of a lack of supervision and barriers. (CDC)
- "Nonfatal drownings can cause brain damage that may result in long-term disabilities including memory problems, learning disabilities, and permanent loss of basic functioning (e.g. permanent vegetative state)." (CDC)

**On your
mark,
get set,
GO!**

On Your Mark...

If you have a pool at home:

- Make sure your pool is surrounded by a fence that is at least 4 feet tall. This will keep unsupervised children from getting into the pool area (CDC).
- Have locks and alarms to notify you when someone is attempting to get in the pool area (CDC).
- Remove temptation by clearing all toys and flotation devices from the pool so children are not tempted to get in the pool unsupervised (CDC).
- Get certified in CPR/AED and First Aid.
- Enroll your children in swim lessons. The YMCA has many different swim lesson programs for children of all ages and skill.
- Make sure the flotation devices you own are US Coast Guard approved and fit properly.



Get Set...

- When at the pool, lake or river ALWAYS watch your children. If they are under the age of 5 or require flotation you should always be in the the water with them.
- Always swim with a buddy.
- Swim in areas that have professional lifeguards on duty.
- If you are at a water recreation area that does not have a phone, make sure you have a cellular phone and that it works in the area.
- Especially in open bodies of water and in pools where children do not know how to swim make sure they are wearing a US Coast Guard approved flotation device.



GO!

- ALWAYS be prepared to act
- Call 911
- Reach or Throw. Don't Go. (American Red Cross)
- Perform CPR or First Aid if necessary

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