

# SPLASH



## Navy Fitness Drowning Prevention Campaign

Through SPLASH, Navy Fitness strives to educate parents and youth 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, and in as little as 1 inch of water.
- 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.** It only takes 20 seconds for a child to drown. No tweet, status update, text, or phone call is worth risking a child's life.

**MWR**  
MORALE, WELFARE AND RECREATION  
**SPLASH**

**CNIC**  
• PLACE • PROMOTE • PROTECT

**NAVY FITNESS**  
RECREATION • WELLNESS • PERFORMANCE

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