



# Royal Bahamas Police Force

*Working together for a safer Bahamas*

*Police Emergency*  
**919**

## Summer Swimming Safety Tips for Children

Summer is here in the Bahamas and at 100-plus degrees outside, it's a special time for having fun in the water. However, drowning is a leading cause of accidental death, and we must always be aware of the danger. Internationally, each year more than 1,000 children under the age of 14 drown. Another 16,000 are rushed to hospitals for near-drowning. Children ages 4 and under are at the greatest risk. Many adults do not realize that a child can drown in as little as one inch of water. Most drowning occurs at home or in residential pools. Drowning is many times called the "silent killer". You might not hear a cry for help or the sound of a splash to alert you that a child is in trouble. To keep your summer fun and tragedy-free, follow these safety tips:

### AT HOME:

- Never leave a child alone in or near water, including bathtubs, sinks and toilets.
- Never rely on any type of support ring to keep your child safe in the bathtub.
- Empty all buckets and any other containers that hold water or any other fluid immediately after use.
- Use toilet locks.

### IN POOLS:

- Never leave a child alone in or near a swimming pool even just to answer the telephone.
- Make sure all inflatable pools are emptied and turned over immediately after use.
- Learn first aid and CPR, especially infant CPR.
- Use door and pool alarms and automatic pool covers for extra protection.
- Teach every child how to swim. Get professional training, but never rely solely on the swimming lessons to protect a child from drowning.
- Teach the importance of never running, pushing or jumping on others around water.

### IN OPEN WATER:

- Never leave children alone and make sure older children always swim with a friend about the same age or with an adult.
- Always make sure that children swim in approved designated areas in oceans, lakes and rivers. Always check the depth of the water before swimming or diving. If swimming in the ocean, check the current and under-tow.
- Be sure every child wears a proper fitting life jacket when on a boat or near water. Air-filled swimming aids, such as "water wings," are not safe substitutes for life jackets. Never rely on a life jacket alone to protect your child.

**Be Safe Bahamas And Enjoy Your Summer!**

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**National Crime Prevention Office**

**302-8430/1**

**[www.royalbahamaspolice.org](http://www.royalbahamaspolice.org)**

*"To make The Bahamas a safer place to live, work, visit and play."*

**Crime Stoppers**

**328-TIPS (8477)**

**Family Islands**

**(242) 300-TIPS (8477)**