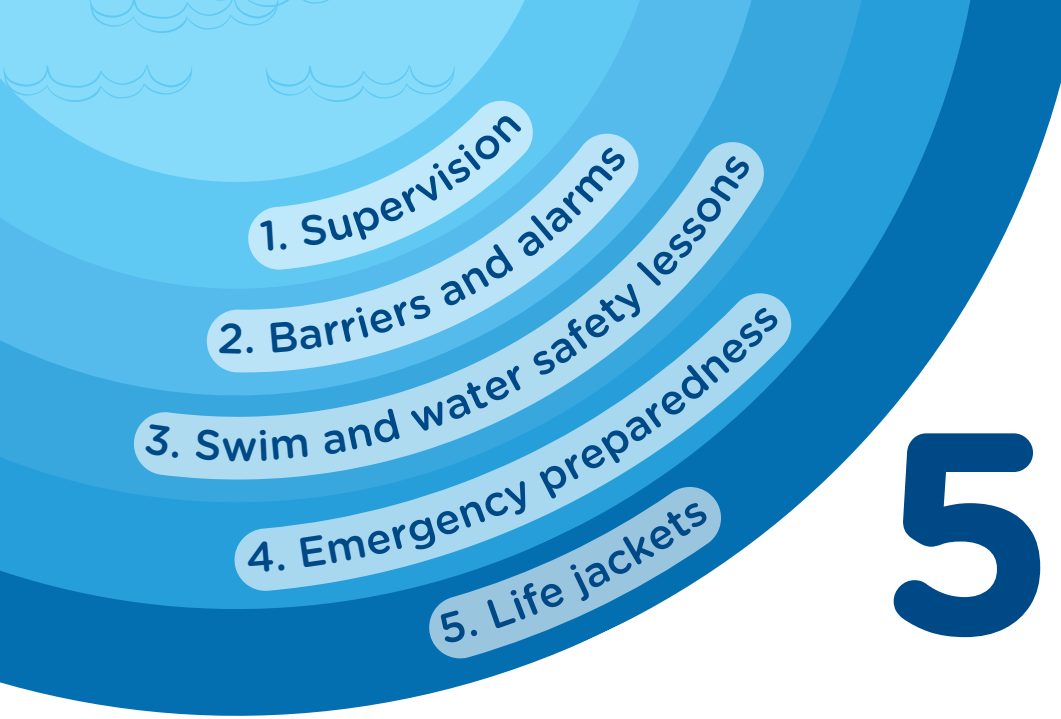




1. Supervision

2. Barriers and alarms

3. Swim and water safety lessons

4. Emergency preparedness

5. Life jackets

5 layers of protection around water

1. Supervision

Whether it's the pool, bathtub or beach, always keep beginner swimmers within eye's reach and stronger swimmers within arm's reach. You're your child's best lifeguard.

2. Barriers and alarms

Restrict access to water with fences, gates, locks, covers, alarms—anything that keeps curious little ones from wandering into water unsupervised.

3. Swim and water safety lessons

Make sure all family members know how to swim. Register kids for swim and water safety lessons as early as age 1, according to the AAP.

4. Emergency preparedness

Be prepared to act in an emergency. Always have a phone on hand to call for help. Learn water rescue skills, CPR and first aid. If you have a pool, keep rescue equipment and a well-stocked first aid kit on site.

5. Life jackets

Make sure kids, beginner swimmers and all boaters wear U.S. Coast Guard-approved life jackets. Keep in mind that life jackets are only effective when they fit properly.