

# Water Safety Tips for Children and Teens



As children get older, they become more independent. With independence comes more responsibility. Teens may want to hang out near the water away from adult supervision, but they need to know how to stay safe.



## Water Safety Tips

- Never swim alone. Even strong swimmers should have a buddy around to help them when needed.
- Always wear a life jacket while boating, skiing, jet skiing, kayaking or participating in other open water activities.
- Stay within designated swim areas.
- Learn about swim condition flags and signs, as well as currents in open water.
- Avoid roughhousing, running or racing in or around water.
- Weaker swimmers shouldn't rely on water toys like water wings, noodles, floaties or inner tubes to stay afloat.
- Always enter the water feet first to avoid obstacles or shallow bottoms.
- Avoid pool drains, which use strong suction to filter the water.

**Drowning is silent and can happen in seconds.**



## Extra Teen Tips

- Remind teens not to overestimate their skills or underestimate dangers around water.
- Underage use of alcohol and other substances is dangerous, especially around water, because it can impair judgment, equilibrium and swimming ability.

**It's never too late to learn to swim. The Red Cross offers swim lessons for all ages nationwide.**