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Keep your kids safe around water

As summer approaches, many families will be heading to pools, lakes, and beaches. Water activities are a great way to stay active and have fun, but it's important to remember that drowning can happen quickly and quietly, even in shallow water. Drowning is one of the leading causes of preventable death in children.

To keep your children safe:

- Always stay within arm's reach of young children when they are near or in water.
- Avoid distractions like phones while supervising.
- Teach your children to swim and understand basic water safety.
- Use properly fitted life jackets when on boats, docks, or near open water.



Do not rely on personal flotation devices (like floaties) to keep young children safe. They will keep them floating, but not necessarily face up.

- Fence backyard pools on all sides and keep them secured when not in use.

For more expert
advice from the
Canadian Paediatric
Society, [click here](#)

Let's work together to ensure this summer is both fun and safe for your family.