

# Supervising Children Who Cannot Swim

- Children who cannot swim must have constant, direct supervision from a parent or guardian within arms reach.
- Ministry of Health and Long Term Care has set minimum admission standards outlined in the chart below to guide the supervision of non-swimmers under age 10. Facilities may set stricter admission standards.

Supervision	Age of child/ children	Maximum number of non-swimming children supervised
One parent or guardian	under 6 years	2
	6 - 10 years	4
	6 - 10 years and all wearing lifejackets	8

Source:

Lifesaving Society (2011) National Drowning Report  
 Safe Kids Canada (2007) Child & Youth Unintentional Injury 10 year report

# Prevent Drowning

- Provide and use properly fitting lifejackets
- Watch your child at all times
- Learn to swim at local pools
- Swim with a buddy
- Secure pools with four sided fences and gates; follow Municipal by-law
- Inspect your backyard pool using Lifesaving Society and Canadian Red Cross online checklists



For more information, contact

**Halton Region**

Dial 311 or 905-825-6000

Toll free 1-866-4HALTON (1-866-442-5866)

TTY 905-827-9833

[www.halton.ca](http://www.halton.ca)

August 2011

# Safe & Healthy Swimming



# Healthy Swimming Guidelines

Diarrheal illnesses are caused by germs like Cryptosporidium and E.coli. These germs can contaminate pools

- Don't swim if you have diarrhea
- Germs on your body can spread to the water
- Shower with soap before swimming
- Wash your hands after using the toilet or changing diapers
- Take your kids on bathroom breaks or check diapers often. Waiting to hear your child ask to go to the bathroom may mean it's too late
- Change diapers in a bathroom or a diaper-changing area and not at poolside



## Children Under 5 years

- Drowning is the second leading cause of injury related death
- 67% of deaths occur when child is alone near water
- 57% of deaths occur from lack of adult supervision
- Drowning occurs most often in backyard pools

## Children 5 – 14 years

- 42% of deaths occur when no adult directly supervising
- May misjudge own swimming level, deep water, water flow
- Likely to respond to a dare from a friend



Practice wearing lifejackets to protect yourself and others..



## Protect Life

Over 433 drowning deaths occur across Canada each year, 82% of water related deaths were among men

- 49% of deaths occurred on weekends, evenings and at night
- 80% of deaths in 18 year olds and over were not wearing a lifejacket
- 33% of deaths occur in non-swimmers
- 25% of deaths occur in people swimming alone