Navy MWR Fitness: Making a SPLASH in swim safety!

Resources
www.navyfitness.org
/NavyFitness
Through SPLASH, Navy MWR Fitness strives to educate parents and legal guardians on pool safety and the dangers associated with unsupervised swimming. With structured swim lessons, swim skills assessment, safe play, and active supervision, the risk of accidental drownings can be significantly reduced.

Keep Your Child Safe at the Aquatics Facility with Six Key Tips:

**Stay within arm’s reach.** Adult supervision is the first line of defense in preventing accidental drownings. Drownings can occur quickly and quietly.

**Protect your non-swimmers.** Water wings and other inflatable floats and devices are not designed to save your child, nor allowed in Navy MWR Aquatics facilities.

**Learn to swim.** Research shows a reduction in the risk of drowning by as much as 88 percent among children 1-4 years old who participate in formal swim lessons.* Navy MWR provides swim lessons for all ages. Contact your local Aquatics staff for more details.

**Assess swim skills.** Proper skills assessment is vital in ensuring the safety of children. Lifeguards will be available at times specified by the local facility to provide the official Navy Youth Swim Test.

**Swim safely.** Youth non-swimmers and swimmers must remain in their designated areas at all times. Stay safe, swim safe.

**Hang it up.** A drowning child is suffocating underwater and can become unresponsive in as little as 20 seconds. No tweet, status update, text, or phone call is worth risking a child’s life.

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