



FACTS & RESOURCES ABOUT WATER SAFETY AND DROWNING PREVENTION

The following data, along with other research on drowning prevention and water safety can be found on the U.S. Centers for Disease Control and Prevention's, the World Health Organization's, the American Academy of Pediatrics' and the National Drowning Prevention Alliance's websites:

<https://pediatrics.aappublications.org/content/143/5/e20190850>

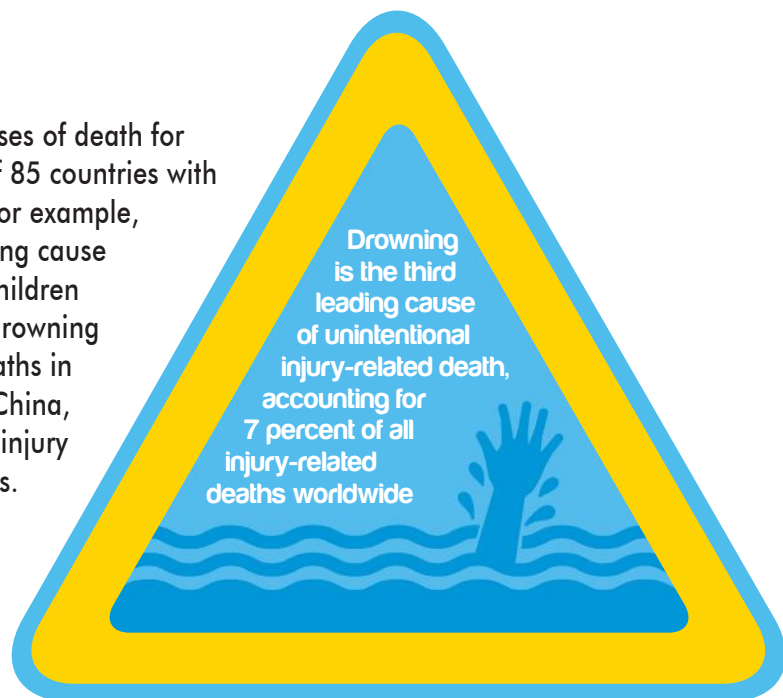
<http://www.who.int/news-room/fact-sheets/detail/drowning>

<https://www.cdc.gov/drowning/facts/index.html>

<https://ndpa.org>

How big is the problem?

- Drowning is one of the top 5 causes of death for people aged 1-14 years for 48 of 85 countries with data meeting inclusion criteria. For example, in Australia drowning is the leading cause of unintentional injury death in children aged 1-3 years. In Bangladesh, drowning accounts for 43 percent of all deaths in children aged 1-4 years. And in China, drowning is the leading cause of injury death in children aged 1-14 years.
- According to a research study conducted by the American Red Cross in 2020, 56% of kids ages 4-17 cannot perform the basic water safety skills they need to save their own life.
- According to the CDC, every year (from 2010-2019) in the United States there are an estimated 3,960 fatal unintentional drownings, including boating-related drowning—that is an average of 11 drowning deaths per day.
- In 2019, an estimated 236,000 people died from drowning, making drowning a major public health problem worldwide. Injuries account for almost 8 percent of total global mortality. Drowning is the 3rd leading cause of unintentional injury death, accounting for 7 percent of all injury-related deaths.
- About one in five people who die from drowning within the United States are children 14 and younger. For every child who dies from drowning, another eight receive emergency department care for nonfatal submersion injuries.
- According to the CDC, drowning is also a significant source of morbidity for children. In 2017, an estimated 8,700 children younger than 20 years of age visited a hospital emergency department for a drowning event, and 25 percent of those children were hospitalized or transferred for further care.



Who is most at risk in the United States?

- **Males:** Nearly 80 percent of people who die from drowning in the United States are male.
- **Children:** Children ages 1 to 4 have the highest drowning rates. Among children ages 1 to 4, most drownings occur in home swimming pools. Almost 70% of childhood drownings happen during non-swim times. 88% of child drownings happen with at least one adult present.
- **Some racial and ethnic groups:** Drowning death rates for American Indian and Alaska Native people ages 29 and younger are 2 times higher than rates for White people. Drowning death rates for Black people are 1.5 times higher than rates for White people. Disparities are highest among Black children ages 5-9 (rates 2.6 times higher) and ages 10-14 (rates 3.6 times higher).

Factors such as access to swimming pools, the desire or lack of desire to learn how to swim and choosing water-related recreational activities may contribute to the racial differences in drowning rates. Available rates are based on population, not on participation. If rates could be determined by actual participation in water-related activities, the disparity in drowning rates between some racial and ethnic groups would be much greater.

What has research found?

- Participation in formal swimming lessons can reduce the risk of drowning among children ages 1-4 years. *Brenner RA, Taneja GS, Haynie DL, Trumble AC, Qian C, Klinger RM, Klevanoff MA. Association between swimming lessons and drowning in childhood: A case-control study. Archives of Pediatrics & Adolescent Medicine 2009;163(3):203-10.*

TEAM WLSL™

The World's Largest Swimming Lesson™
June 22, 2023

BY THE NUMBERS

Awareness
Makes A Difference
Research shows formal swimming lessons can reduce the risk of drowning by **88%***

* Participation in formal swimming lessons can reduce the risk of drowning by 88% among children aged one to four. (Source: Pediatrics & Adolescent Medicine 2009)

2022
354,692 cumulative participants

2010
3,892 participants

More than **2.5 BILLION** media impressions sending the message *Swimming Lessons Save Lives™*

Drowning
is the leading cause of death for kids 1-4 in the U.S., the 2nd leading cause of injury-related death for kids 1-14 and the 3rd leading cause worldwide

#1 Kids 1-4	#2 Kids 1-14	#3 Worldwide
-----------------------	------------------------	------------------------

2010-2022
4,786 Host Locations in **49** Countries

More than **170,000** Hours of water safety training provided

Swimming Lessons Save Lives™



WLSL WATER SAFETY TIPS

Learn to swim

Swimming Lessons Save Lives™ – the best thing anyone can do to stay safe in and around the water is to learn to swim. This includes both adults and children. Note: The American Academy of Pediatrics now supports swimming classes after the age of 1 if the child is emotionally and developmentally ready.

Provide close constant supervision

Parents are the first line of defense in keeping kids safe in the water. Never leave children unattended near water, not even for a minute. If your child's in the water, you should be too! Constant, careful supervision and barriers such as pool fencing are necessary even when children have completed swimming classes.

Wear a life jacket

If you or a family member is a weak or non-swimmer, wear a life vest. It's nothing to be embarrassed about and many facilities provide them at no charge.

Read all posted signs

Follow posted safety rules and warnings. Teach kids that being safe in and around the water is a personal responsibility – yours and theirs.

Never swim alone or in unsupervised places

Teach your children to always swim with a buddy.

Look for lifeguards

It is always best to swim in an area supervised by lifeguards, but remember, lifeguards are the last line of defense when all other layers of protection fail.

Don't drink alcohol

Avoid alcoholic beverages before or during swimming, boating or engaging in other water-related activities. Never drink alcohol while supervising children around water. Teach teenagers about the danger of drinking alcohol while swimming.

Spit it out

Teach kids not to drink pool water. To prevent choking, never chew gum or eat while swimming, diving or playing in water.

Avoid water wings

Do not use air-filled swimming aids (such as "water wings") in place of life jackets or life preservers with children. Using air-filled swimming aids can give parents and children a false sense of security. These air-filled aids are toys and are not designed to be personal flotation devices.

Watch out for the dangerous "toos"

Don't get too tired, too cold, too far from safety, exposed to too much sun or experience too much strenuous activity. Don't take chances by overestimating your swimming skills.

Note the weather

Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.

Use sunscreen

Apply sunscreen on all exposed skin to ensure maximum skin protection. Hats, visors and shirts are recommended to prevent overexposure.

Keep toddlers in shallow play areas

Zero-depth entry pools have water games, sprays and fountains with no appreciable water depth.

Follow age, health & height instructions

Restrictions apply to many rides and attractions at pools and waterparks. Size and coordination is critical to safety inside open water flumes. Guests with neck or back problems, heart conditions, prevalence toward motion sickness or pregnancy should not ride high-speed or rapid-descent rides.

Use plastic swim diapers

Many pools require them. Note where changing areas are located and use these designated, sanitized changing spots.