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.

<table>
<thead>
<tr>
<th>Supervision</th>
<th>Age of child/children</th>
<th>Maximum number of non-swimming children supervised</th>
</tr>
</thead>
<tbody>
<tr>
<td>One parent or guardian</td>
<td>under 6 years</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>6 - 10 years</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>6 - 10 years and all wearing lifejackets</td>
<td>8</td>
</tr>
</tbody>
</table>

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 the

**Haldimand-Norfolk Health Unit**

**Simcoe:** 12 Gilbertson Drive, PO Box 247
Simcoe, ON N3Y 4L1
**Ph:** 519.426.6170 or 905.318.6623
**Fax:** 519.426.9974

**Caledonia:** 282 Argyle St. S.,
Caledonia, ON N3W 1K7
**Ph:** 905.318.5367 **Fax:** 905.765.8905

Source:

Adapted with permission from Halton Region. March 2012.
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.

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.

Practice wearing lifejackets to protect yourself and others.