

# NATIONAL DROWNING PREVENTION ALLIANCE: THE FIVE LAYERS OF PROTECTION

## 1: BARRIERS AND ALARMS

- Use fencing to keep unsupervised kids out.
- Pool covers offer another level of protection, keeping kids out.
- Alarms should be used at every door leading to the pool area.

[Click here for a pool safety checklist!](#)

## 2: WATER COMPETENCY

- The American Academy of Pediatrics (AAP) recommends children and parents learn to swim and learn water-safety skills.
  - Children between the ages of 1-4 who take swimming lessons can reduce their risk of drowning by 88%.
- Water competency should be continued throughout the entire year, not just summer months.

Learn how to find the right swim program for your child [here](#).

## 3: SUPERVISION

- An adult should be within arm's reach of infants and toddlers. The same rule applies to those who not strong swimmers.
- If possible, always swim where lifeguards are present.

## 5: LIFE JACKETS

- Always wear a US Coast Guard life jacket when in and around water.
- Life jackets are an extra layer of protection for those without strong swimming skills.
- Flotation devices such as inner tubes, arm bands, or inflatable water toys should *never* replace life jackets.

## 4: EMERGENCY PREPARATION

- Keep a phone nearby in case emergency services are needed.
- Keep CPR training and certification up to date.
- If a child goes missing, always check nearby bodies of water first.

**SAFE  
K:DS**  
GRAND FORKS