

Make A Splash!

Water Safety Tips

Physical activity recommendations for children 1-6 years old:



DID YOU KNOW?



1-2 years old

Engage in physical activities of any intensity for at least 180 minutes spread throughout the day.

3-6 years old

Engage in physical activities for at least 180 minutes spread throughout the day, with 1 hour of it on moderate to vigorous-intensity activity.



Water play promotes an active lifestyle and it allows bonding with your child. To do it safely, take note of these safety tips!

Parents, keep your child safe with these water play tips:



- Always accompany your child. Keep a close eye on children in the pool and avoid other distractions like reading or using your phone.
- Learn basic life saving techniques.
- Check water depth, temperature and potential hazards.
- Equip your child with appropriate water floatation devices based on your child's comfort level with water. *(Note that air-filled swimming aids cannot replace a proper life jacket).*



- Look out for signs of distress and alert lifeguards if your child needs help.
 - Immediately leave the pool during bad weather.
 - For home pools, keep a four-sided fencing of at least 1.2m tall, to be latched at all times.
 - Ensure that your child is able to swim before attempting open water activities.
- Knowing how to swim can help to build their water confidence, water safety and survival skills as well.

Children, know these safety tips before starting your water play:



- Stay away from the pool unless you are accompanied by an adult.
- Do not run or play near the pool as you could slip and fall.
- Know where lifeguards and rescue aids are located.
- Follow all safety rules and signs.



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