



Safe and Healthy Schools Division

Water Safety Resources

Purpose

Drowning is the number one cause of accidental death among children ages one to four and the second leading cause of accidental death in children under the age of fourteen in our nation. According to the Centers for Disease Control and Prevention (CDC), drowning is the third leading cause of death in children ages one to four in Louisiana. Therefore, [R.S. 17:76.1](#) - Water Safety Instruction, also known as the Riley Bourgeois Act, requires instruction on water safety for public school students to be incorporated into existing required courses, such as health and physical education. These resources are not exhaustive but are intended to provide school systems with age-appropriate instruction on water safety.

Resources:

[Stop Drowning Now](#) (SDN)

Grade Level: Kindergarten - 12th Grade

A resource for people working to eliminate drowning in their communities. SDN provides water safety tools and support to aquatic professionals, task forces, municipalities, and educators. SDN was founded by educators who believe that drowning can be prevented. SDN believes that awareness, skills, knowledge, and practice can help parents and kids realize the risks they face, learn how to protect themselves and react effectively if an emergency happens. Parents, guardians, staff, and students can learn about supervision, protective barriers, swimming skills, and emergency responses.

[Water Safety - CDC](#)

Grade Level: 4th - 8th Grade

The BAM! Body and Mind Classroom Resources for Teachers portal contains a variety of information and resources for teachers of grades 4-8 to use in the classroom and help students make healthier lifestyle choices. The unit provides best practices around injury prevention and safety promotion to students and staff. CDC created tips, wisdom, and overall knowledge around water safety.

[Water Safety | American Red Cross](#)

Grade Level: Kindergarten - 12th Grade

A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line, or apply sunscreen. Death and injury from drownings happen daily in [home pools and hot tubs](#), at the [beach, or in oceans, lakes, rivers and streams](#), bathtubs, and even buckets. The Red Cross believes that by working together to improve water competency – which includes swimming skills, water smarts, and helping others – water activities can be safer... and just as much fun.

[Water Safety for Parents and Caregivers](#)

Grade Level: 9th - 12th Grade

The Water Safety for Parents and Caregivers Online Course focuses on developing an awareness of the risks of drowning and how to minimize those risks, especially for young children. This online course teaches parents and caregivers about the concepts of the circle of drowning prevention, water competency, and the chain of drowning survival. It also provides guidance for applying water safety to common environments and situations where children are most at risk for drowning.

[Don't Just Pack It. Wear Your Jacket | Red Cross](#)

Grade Level: Kindergarten - 12th Grade

In the lesson plan, students will be able to:

Explain the importance of wearing a life jacket, define PFD, understand how to check the label to see if a life jacket is approved by the U.S. Coast Guard, explain how to select a life jacket, understand why a life jacket should fit properly, and demonstrate how to put on a life jacket.

[National Drowning Prevention Alliance](#)

Grade Level: NA

The National Drowning Prevention Alliance is a 501(c)3 non-profit organization dedicated to reducing the incidence of drowning and preventing tragedy around water.

[Tank Proof](#)

Grade Level: Kindergarten - 12th Grade

A nonprofit that gives youth in under-served communities education and essentials to navigate life's currents. From providing quality swim instruction to feeding hundreds through neighborhood food routes, Tank Proof has had the opportunity to impact multiple cities, and continues to expand to others. Their goal is to provide access, equity, and opportunity through swimming lessons to make communities safer and even save lives.

[Pool Safely](#)

Grade Level: Kindergarten - 5th Grade

To improve pool and spa safety, the U.S. Consumer Product Safety Commission (CPSC) launched [Pool Safely: Simple Steps to Save Lives](#), a national public education campaign to reduce childhood drownings, submersion injuries, and entrapments. The campaign is a call to action for consumers and industry to adopt proven water safety steps and join a national conversation about pool and spa safety by sharing best practices and other life-saving information. *Pool Safely* carries out the provisions of the Virginia Graeme Baker Pool & Spa Safety Act (P&SS Act), federal legislation mandating new requirements for public pools and spas, including a public information campaign.

[Curriculum Swimming and Water Safety Resource Pack](#)

Grade Level: Kindergarten - 6th Grade

To support this aim, Swim England and the [Swim Group](#) created a resource pack for all those involved in the delivery of curriculum swimming and water safety. The resource pack has been split into separate documents, to provide dedicated information for each group. Each section provides practical guidance on planning, delivering, and reporting on curriculum swimming and water safety.

[Water Safety for Kids - YMCA](#)

Grade Level: Kindergarten - 12th Grade

The Y provides children across the U.S. with access to swim lessons and water safety education. The Y introduced the country to group swim lessons over 110 years ago in 1909. Now, as one of the largest community-based organizations in the country, the Y teaches more than a million children, especially those most at-risk of drowning, invaluable water safety and swimming skills each year.

There are three general categories of Y Swim Lessons:

- Swim Starters helps children ages six months to three years develop swim readiness skills through fun experiences that build confidence. In addition, parents learn how to supervise children in the water, prevent accidents and plan for emergencies.
- Swim Basics enables students of all ages to gain basic water safety and swimming skills. Swimmers become comfortable and confident in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety if they fall into a body of water.
- Swim Strokes introduces and refines stroke techniques in older swimmers (school-age, teens, and adults). Having mastered the fundamentals, students learn additional water safety skills and build stroke techniques, developing skills that can help prevent chronic disease, increase overall well-being and foster a lifetime of physical activity.