



SWIMMING LESSONS NEWSLETTER

OCTOBER 2025



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KEY STATISTICS ON DROWNING & WATER SAFETY

Here are some important facts to help us understand the reality of the risk and how we can prevent tragedies.

- In the United States, there are an estimated 4,000 fatal unintentional drownings every year, that is about 11 drowning deaths per day.
- Additionally, each year there are an estimated 8,000 non-fatal drownings (example: incidents where the person survives but may suffer significant health issues).
- For children ages 1-4, drowning is the leading cause of unintentional injury death in the U.S.
- For children ages 5-14, drowning is the second leading cause of unintentional injury death (after motor vehicle crashes) in the U.S.
- Among children under age 15 in pool or spa settings:
 - In 2021, 380 children younger than age 15 fatally drowned – a 12% increase from 2020.
 - About 75% of all fatal drownings of children under 15 involved children younger than 5 years old.
 - About 81% of fatal drownings of children under 15 occurred in residential settings (home pool or spa).
- Learning to swim is a highly effective prevention measure: Formal swimming lessons reduce the risk of drowning in children aged 1-4 by up to 88%.
- There are disparities: Drowning death rates are higher among Black and American Indian/Alaska Native children compared to white children.

These statistics underscore why we take water safety seriously: every child (and adult!) deserves to enjoy the water, safely, and every drowning death, or serious injury is one too many.

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LESSON FOCUS: HELPING SOMEONE WHO IS DROWNING & WHAT TO DO IN AN EMERGENCY

In this lesson, we covered:

- Recognizing when someone is in trouble in the water (for example: silent struggle, unable to call out, staying low in the water, flailing, or floating face-down).
- What to do immediately if you see someone in trouble:
 - Alert an adult or lifeguard as soon as possible.
 - If you are trained and it is safe, you may attempt to help from the edge of the pool with a reaching or throwing rescue aid (example: life-ring, pole, floatation).
 - If you enter the water to help, only do so if you've had proper training, there is oversight, and you have a flotation aid.
 - Once the person is brought to safety, check responsiveness: Can they talk? Are they breathing? Stay with them, call 911, and begin appropriate first aid/CPR if trained.
- Basic steps of emergency response:
 - a. Shout for help.
 - b. Call for professional help (911).
 - c. Use a flotation device or rescue tool instead of entering the water unsafely.
 - d. Provide comfort, monitor their breathing, stay with them until help arrives.
 - e. Discuss with the child an emergency plan: When you're near water, always have an adult supervising, know where safety gear is, and agree on signals for help.

We emphasized that helping someone safely is an act of compassion and responsibility, very much in the spirit of "loving your neighbour" and serving others (Mark 12:31). We encouraged the children to think about how God calls us to care for one another.



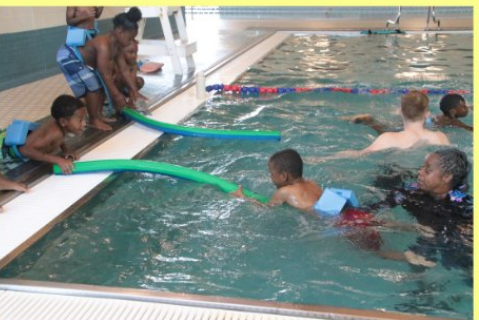
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DEAR PARENTS & GUARDIANS,

We are delighted to share what our children learned during this week's swimming lesson and highlight how we, as a community, can stay safe around water. At Judah Ministries, we believe that teaching our children not only how to swim, but also how to help others and respond in emergencies, is an important part of nurturing faith, service, and safety.



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PRACTICAL TIPS FOR PARENTS & CHILDREN

Here are practical steps we encourage families to follow after our lesson:

- Always designate a “Water Watcher”: one adult whose sole responsibility is watching children in the water with no distractions (phone, chatting, reading).
- Ensure children have basic swim skills (float, kick, move to edge) and can call for help or use a flotation aid.
- At home or in a friend’s home: if there’s a pool or spa, make sure it’s fenced/secured and children only access it under supervision.
- Teach children what to do if someone else is in trouble in the water: reach/throw, don’t go (unless trained) and call for adult help immediately!
- Consider enrolling children (and adults!) in a first aid/CPR class, so that if an emergency occurs you’re prepared.
- Reinforce the idea: “If I spot someone in trouble, I alert an adult first, I stay safe, I don’t jump in – unless I’m trained and safe to do so.”
- Make sure rescue equipment (life jackets, throw ropes, reaching poles) is accessible.
- After the swim lesson, have a conversation: “What did we learn about helping someone in danger? What would you do?” this will help children internalize the lessons.

