

# KNOW THE DANGERS

# BE CHILD SAFE



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When you're enjoying in the beach it is important to look after your child. Here are following tips for keeping kids safe at the beach:

## PALS SAFETY TIPS

- A child can drown in a very small level of water in the space of just few seconds. So it is vital that an adult is on-watch
- **Assign a guardian to watch your kids at the beach.**
- If you need to go to the bathroom or have to leave your child alone for any reason, hand the baton to another adult from your group, or pull the children out of the water for a little while.
- Introduce your child to water through water awareness classes discuss hazards and put rules in place at aquatic locations.
- Children should always be accompanied by adults.

**These safety tips are provided by PALS Lifeguards in accordance with international standards on Aquatic Safety.**

**250+ cases of drowning every year along the beaches of Karachi. PALS has been able to contain this drowning rate to 'near zero' since 2004 to date.**

