

# PHONES DOWN EYES UP

.org

## DISTRACTIONS AROUND THE WATER CAN BE DANGEROUS AND OUR PHONES AND TABLETS CAN BE MAJOR DISTRACTIONS FOR PARENTS AND CAREGIVERS.

- According to NDPA (National Drowning Prevention Alliance), 88% of child drownings occur with at least one adult present, and 50% of children drown within 25 yards of a parent or other adult.
- Many people think they will hear someone struggling in the water but actually drowning is silent and can happen in as little as 30 seconds.
- A Pew Research study found that 68 percent of parents surveyed stated that their phones can get in the way of spending quality time with their children with nearly 20 percent of those parents saying that happens often.
- Submersion incidents with a non-parent supervisor are **twice as likely** to be fatal.

## A WATER WATCHER SHOULD ALWAYS BE ASSIGNED WHEN CHILDREN ARE PLAYING IN OR NEAR BODIES OF WATER.

- Water Watchers need to be adults who are not distracted by phones, tablets, books, conversation or alcohol.
- Adults assign Water Watchers for short periods of time when in large groups (15-20 minutes). Lanyards (available for download at [PhonesDownEyesUp.org](https://PhonesDownEyesUp.org)) can be worn to help remember your very important task of watching the children in and near the water. This also help children identify an adult readily available to help, if needed.
- Phones Down, Eyes Up™ is one action in a list of many that give children "layers of protection" around water.

## THE YMCA IS ASKING PARENTS AND CAREGIVERS TO TAKE SPECIAL CARE AND POWER DOWN OR PUT THEIR PHONES ENTIRELY AWAY WHEN THEY ARE WATCHING CHILDREN NEAR OR AROUND WATER.

- Parents can visit [PhonesDownEyesUp.org](https://PhonesDownEyesUp.org) to take the Phones Down pledge, which will then give parents a wallpaper for your phone reminding you of this important water safety tip.

