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Twin Rivers YMCA Advocates for Water Safety on Drowning Prevention Day

The Twin Rivers YMCA is raising awareness about the importance of water safety in recognition of World Drowning Prevention Day.

New Bern, NC – 7/12/2024 – In recognition of Drowning Prevention Day (July 25th), the Twin Rivers YMCA is raising awareness about the importance of water safety and the steps families can take to prevent drowning incidents. As an organization committed to fostering safe and healthy communities, the YMCA emphasizes that drowning is preventable with the right education and precautions.

Drowning is one of the leading causes of unintentional injury deaths worldwide, with children being particularly at risk. According to the World Health Organization, an estimated 236,000 people drown every year, with the highest rates among children aged 1-4 years. To address this alarming statistic, the Twin Rivers YMCA is dedicating core programs to promote water safety and providing resources to ensure everyone can enjoy water activities safely.

Key Messages on Drowning Prevention:

1. **Learn to Swim:** The Twin Rivers YMCA offers swimming lessons for all ages and skill levels. Learning to swim is one of the most effective ways to prevent drowning. Our certified instructors provide comprehensive training to ensure participants are confident and safe in the water.
2. **Supervise Closely:** Active supervision is essential when children are in or near water. Designate a responsible adult to always watch over swimmers, avoiding distractions such as mobile phones or other activities.
3. **Use Life Jackets:** Life jackets save lives. Ensure that everyone, especially young children and weak swimmers, wears a properly fitting, U.S. Coast Guard-approved life jacket around water.
4. **Educate About Water Safety:** Knowledge is power. The Twin Rivers YMCA offers educational programs to teach children and families about water safety rules, such as never swimming alone and understanding the dangers of rip currents and deep waters.
5. **Secure Pools and Hot Tubs:** Home pools and hot tubs should be enclosed with a four-sided fence and have self-closing and self-latching gates. Ensure pool covers are secure when not in use and remove any ladders to prevent unsupervised access by children.

Safety Around Water Program at the YMCA

Each year, the Twin Rivers YMCA partners with Craven County Schools and local private schools to educate 3rd and 4th-grade students on how to be safe in and around the water. This includes lessons on what to do if you or someone else falls into a body of water.

This program is provided at no cost to the schools or students thanks to the generosity of donors who support the Twin Rivers YMCA Annual Campaign.

Quote from YMCA Representative:

"At the Twin Rivers YMCA, we believe that everyone deserves the opportunity to enjoy water activities safely. By promoting water safety education and providing accessible swim lessons, we can work together to prevent drowning and create a safer community," said Teresa Tefft, Director of Health & Wellness and Certified Lifeguard Instructor of the Twin Rivers YMCA. "We urge everyone to take the necessary precautions and educate themselves on how to stay safe in and around water."

For more information on our water safety programs, swim lessons, and upcoming events, please visit ecymca.org/aquatics or contact us at (252)638-8799.

If you would like to donate to the Y to help support programs like the Safety Around Water Program, please visit ecymca.org/give or contact the Twin Rivers YMCA today.

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About the Y

The Eastern Carolina YMCA is a 501(c)3 nonprofit organization focused on strengthening the community through Youth Development, Healthy Living, and Social Responsibility. The Y engages men, women, and children – regardless of age, income, or background – to nurture their potential, improve the nation's health and well-being, and provide opportunities to give back and support neighbors. The Eastern Carolina Young Men's Christian Association is comprised of the Twin Rivers YMCA in New Bern, NC and the YMCA Early Learning Center at Little Hands, also in New Bern, NC. More information can be found at ecymca.org.