

## Many Americans in Over Their Heads in the Water

Can you swim well enough to save your life?

**85%** of Americans say they can swim.



**But...**

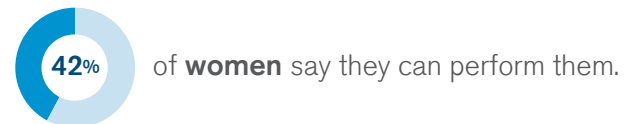
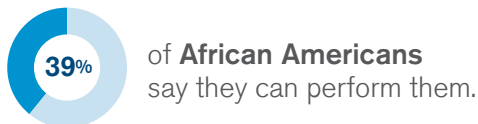
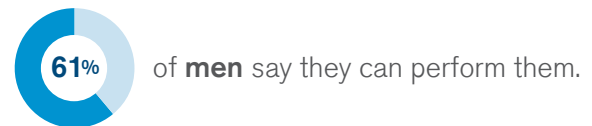
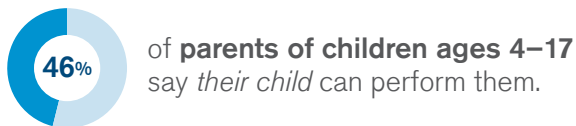
less than half of Americans can perform all of the 5 basic skills that could save their life in the water.

Only **56%** can perform all 5 of these basic water safety skills.



1. Step or jump into the water over your head.
2. Return to the surface and float or tread water for one minute.
3. Turn around in a full circle and find an exit.
4. Swim 25 yards to the exit without stopping.
5. Exit from the water. If in a pool, be able to exit without using the ladder.

### Who can perform all 5 basic water safety skills in order?



**Every day**, an average of 10 people die in the U.S. from unintentional drowning.\*



The American Red Cross wants to **reduce drowning rates across the country**, focusing on communities that are most at risk.

**Make sure adults and children can swim; know how to make safe choices in and around the water; and know how to respond to a water emergency. Go to [redcross.org/watersafety](https://www.redcross.org/watersafety) to learn more.**