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Contact: Kimberly VandenBosch

Communications Officer

909.386.7706

kimberly.vandenbosch@cfc.sbcounty.gov

First 5 San Bernardino Helps Parents and Caregivers Put Water Safety First This Summer

*A list of swim classes in San Bernardino County and other water safety resources
helps families prevent accidents and have a Kid Safe Summer*

SAN BERNARDINO, CA (May 27, 2025) – As temperatures rise across San Bernardino County, families are heading outdoors to cool off and enjoy water activities. Sadly, drowning is the leading cause of injury-related death for children under five, which is why First 5 San Bernardino has pulled together resources for parents and caregivers to help protect children while in or near water this season.

Having a [Kid Safe Summer](#) starts in the water, where designating a [Water Watcher](#) can save a life. A Water Watcher is a responsible adult whose only focus is monitoring children swimming or near water, while ensuring they are wearing proper, U.S. Coast Guard-approved flotation device. A list of flotation devices can be found on the [First 5 San Bernardino website](#), along with downloadable Water Watcher tags that make the supervisory adult identifiable in an emergency.

“We’ve worked with families and children for over 25 years and while we know that water play is one of the best parts of summer, it can quickly become dangerous if parents and caregivers aren’t aware of the risks,” said Karen Scott, Executive Director of First 5 San Bernardino. “The good news is that drowning is preventable by understanding and following basic water safety rules.”

One of these rules is to follow the ABCs of Water Safety which are three key safety practices that can prevent a drowning:

- **A** is for Active supervision, meaning keeping constant eyes on children near water.
- **B** is for Barriers, such as pool fences and locked gates to prevent unsupervised access.
- **C** is for Classes, which encourages enrolling children in swim lessons and ensuring adults are trained in CPR to respond to emergencies.

A [news story from KNBC Los Angeles](#) shared the importance of being responsible Water Watchers and practicing water safety. “Summer is right around the corner, so now is the time to equip ourselves with the knowledge and resources to protect our children by preventatively monitoring them in water,” adds Scott.

To find a list of swim and CPR classes available across San Bernardino County, and for other helpful water safety resources, visit the [First 5 San Bernardino](#) website.

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About First 5 San Bernardino

First 5 San Bernardino’s distinct purpose is to improve the lives of young children and their families by giving them the best possible start in life. For over 25 years, First 5 San Bernardino has been working dynamically through strategic partnerships to promote, support and enhance the health and early development of children prenatal through age 5, their families and communities. Funded through the 1998 voter-approved initiative, California Children and Families Act (Proposition 10 tobacco tax revenues), First 5 San Bernardino has evolved into a system where stakeholders and services are integrated, coordinated and sustainable, and one that families experience as accessible, inclusive and equitable. For more information, visit First5SanBernardino.org.