# IMPORTANT INFORMATION ABOUT CHILDREN'S PFDs

## **AWARNING**

To reduce the risk of drowning, read and follow the information 1 in this tag, 2 in the label on your Personal Flotation Device (PFD), 3 in the "Safe Choice" placard.

#### Select the Right PFD for your Child!

When choosing a PFD for your child, understand that different types of PFDs have various strengths and limitations, see www.uscgboating.org or www.tc.gc.ca/ for the different types of PFDs.

#### Make sure your child's PFD fits properly!

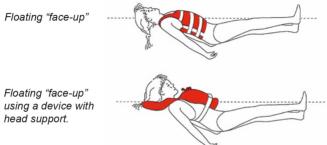
Select a PFD that fits your child based on his/her weight, and any other sizing on the PFD, such as chest size. Make sure your child's weight is within the range marked on the PFD. The PFD should fit snugly, but not too tightly. Do not buy a PFD that your child will "grow into".

Have your child try on the PFD and test its fit by lifting the child up by the shoulders of the PFD - the PFD is too large if it slips up over the child's chin or ears. Always use leg straps, if provided, to keep PFD securely in place.

### Teach your child how to float with a PFD!

Floating in a calm, "face-up" position is not something that comes naturally to children. Before going boating, teach your child how to float safely in a pool or shallow water where the child cannot touch bottom. Specifically, you should:

- Teach your child to be <u>calm in the water</u>. Children sometimes panic when they enter the water. This causes them to move their arms and legs frantically, making it difficult for them to float safely with a PFD.
- Teach your child to <u>float on his/her back</u> with arms and legs in the water and head back, face out of the water (see the figure below). The height and weight distribution of some young children makes them "top-heavy," causing them to tip in the water until they learn to float in a calm, "face-up" position.
- Teach your child to <u>turn to a "face-up" position</u> from a "face-down" position. Have your child practice turning himself/herself until you are certain that he/she can turn to a "face-up" position consistently and reliably.



If your child cannot turn to maintain a relaxed, "face-up" floating position after getting used to wearing a PFD, try another style or type of PFD.

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