



Learn the ABC's of Pool Safety

www.ocfa.org

California leads the nation in drownings. These needless tragedies are the leading cause of accidental injury and death in children under the age of five and the second leading cause of death in children under the age of 14. In Southern California, drowning prevention and water safety should be practiced on a year-round basis with special emphasis during the summer months. Below are the ABC's of water safety. By learning these water safety tips you and your child will learn how to prevent drownings.

A – Adult Supervision

Assign a “Water Watcher”

- Assign an adult “water watcher” who can swim to specifically watch the water.
- Designate an adult to supervise the children in and around the pool/spa area especially during social gatherings.
- **Never leave children in or around a pool unattended** – not even for one second.
- Take the children out of and away from the swimming pool/spa area for any distractions such as a telephone call or to use of restroom.
- Do not rely on flotation devices. They should not be used as a substitute for adult supervision.
- Post pool address and an emergency number.



B – Barriers

- Install and maintain proper fencing around the pool to isolate your swimming area from the home and play area.
- Use multiple layers of protection such as safety covers, gate alarms, door alarms and motion-detection devices **Inspect them monthly.**
- Make sure all gates are self-closing, self-latching and open outward away from the pool.
- Take away all objects that allow a child to climb up to reach the gate latch or climb over the fence.

C – Classes – “CPR”

- Learn CPR, first aid, and rescue techniques.
- Learn swim skills through on-going qualified instruction.
- Keep rescue equipment such as a shepherd's hook, life-saving ring, and CPR sign mounted by the pool to instruct others.
- Find out and understand the proper behavior in and around the water. Teach children the same behaviors.



What To Do If A Child Falls Into A Pool!

- Yell for help and check the scene to make sure that you can safely help the child.
- Get the child out of the pool and onto the pool deck.
- Check for consciousness by tapping and shouting, “are you okay?”
- If someone is with you, have them call 9-1-1. Determine if the child is breathing: tilt the head back, if you don’t hear or feel breathing or see the chest rising, give two (2) Rescue Breaths then check for a pulse.
- Begin Rescue Breathing or CPR immediately and continue until emergency help arrives.
- If you are alone and the child is not breathing and/or does not have a pulse, start Rescue Breathing or CPR immediately. After one minute, call 9-1-1. Return to the child and continue CPR until help arrives.



Nationwide Drowning Statistics

- In 2007, there were 3,443 fatal unintentional drownings in the U.S., averaging ten deaths per day.
- In 2007, males were four times more likely than females to die from unintentional drownings.
- More than one in five fatal drowning victims are children 14 and under. For every child who dies from drowning, another four received emergency department care for nonfatal submersion injuries.
- Although drowning rates have declined nationwide, fatal drowning remains the second leading cause of unintentional injury related death for children ages 1 to 14 years.

* Stats from the Centers for Disease Control and Prevention
Swimming and Recreational Water Safety - 2007.



Water Safety Tips

- Always have an adult water watcher who can swim
- Have a phone nearby to call 9-1-1 in case of an emergency
- Never swim alone – have a buddy
- Go feet first when entering the water
- Wear a US Coast Guard approved life jacket
- Swim in designated areas
- Don't push or jump on others
- Walk around the pool area – don't run
- Learn to swim
- Don't pretend to be drowning