



Pool Safety



TIPS TO HELP KEEP CHILDREN SAFE AROUND WATER

DID YOU KNOW?

Drowning is the #1 killer for kids aged 1-4, #2 for kids 5-9, and #3 for kids 10-14. Most drowning and near drowning happen within 6 feet of the wall where children become disoriented. Caregivers are usually in the pool area, not more than a few feet away.

WHAT PARENTS AND CAREGIVERS CAN DO

- Remove toys in or around the pool area when not in use.
- Appoint an official adult watcher to ensure children are supervised near the pool. Never leave children in or around the pool unattended.
- Stay up to date with the latest CPR techniques.
- Keep your pool and patio area well lit.
- Avoid alcohol when supervising children swimming.
- Be vigilant when supervising kids, stay off social media and your phone.
- Put up barriers around the pool or hot tub.
- Stay within reach of children in the water.
- Show children where they can safely enter and where it is too deep.
- Say no to floaties, kickboards, inflatable tubes, etc.-These give a false sense of security.



WHAT CHILDREN CAN DO

- Never swim alone. Always have a buddy!
- Never dive into shallow or unknown waters.
- Don't run around the pool. Walk.
- Swim in lifeguard-supervised beaches and pools.
- Learn proper swimming and safety skills.
- Always enter the water feet first.
- Only jump in as far as you can swim back.

