

HOW TO PREVENT DROWNINGS

- ◆ Use an approved barrier to separate the pool from the house.
- ◆ NEVER allow children to be alone near a pool or any water source. This includes bathtubs, buckets, toilets, and ponds.
- ◆ Do not allow children to play in or around the pool area unsupervised by an adult.
- ◆ Mount life-saving devices near the pool.
- ◆ Keep tables, chairs, ladders AWAY from the pool fences. Check placement of doggie doors for direct access to pool area.
- ◆ Post the 9-1-1 emergency number on the phone. Think about installing a phone near the pool area.
- ◆ Adult supervision is the best approach in the prevention of drowning.
- ◆ Sign up for a swim lesson today!

IF YOU FIND A CHILD IN ANY SOURCE OF WATER:

- ◆ Yell for help and pull the child out of the water.
- ◆ Call 9-1-1 immediately!
- ◆ Begin CPR if you are trained.
- ◆ If you are not trained, follow the instructions from the 9-1-1 operator until help arrives.



INFORMATION DIRECTORY



Drowning is Preventable in California
www.preventdrowningca.org
 510-881-6720



California Parks & Recreation Society-
 Aquatic Section
 7971 Freeport Blvd.
 Sacramento, CA 95832
 916.665.2777



American Red Cross Bay Area
 85 Second St., 8th Floor
 San Francisco, CA 94105
 415.427.8000
www.redcrossbayarea.org



National Recreation & Parks
 Association - Aquatic Section
 650 West Higgins
 Hoffman Estates, IL 60195
 847.843.7529



Drowning Prevention Foundation
 P.O. Box 202
 Alamo, CA 94507
 925.820.SAVE

Information obtained from the following agencies:

- CPRS Aquatic Section/NRPA Aquatic Section
- U.S. Consumer Product Safety Commission
- California Center for Childhood Injury Prevention
- California Department of Health Services
- Orange County Health Care Agency
- Arizona Department of Health Services

Help Prevent Childhood Drowning



www.preventdrowningca.org



RECREATION
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**Too often people say,
“I only left for a second...” Sadly,
just a few seconds is all it takes
for a child to drown.**

Drowning kills more toddlers in California than any other accidental cause. Most children drown in their own pools, but some children also drown in buckets, toilets, bathtubs, and ponds.

Near-drowning calls are also tragic. Near-drowning can cause permanent brain damage.

Drownings and near-drownings can be prevented! Anyone involved with young children needs to be aware of how to prevent this tragedy.

BARRIERS

- ◆ Make sure your pool or spa has an effective barrier-such as a fence, wall, or locked gate that helps to guard against unauthorized access.
- ◆ Gates should have self-closing, self-latching mechanisms. Latches should be out of reach for children.
- ◆ Your pool or spa should have a barrier regardless of whether they are covered.

SUPERVISION

- ◆ Never leave your child unattended in or near a swimming pool, hot tub, spa, bathtub, toilet, or bucket of water, even for a second.
- ◆ Keep toys, tricycles, and other children’s play things away from the pool or spa.
- ◆ Don’t consider your children to be “drownproof” because you enrolled them in swim classes.
- ◆ Don’t allow barriers, such as fences, or walls, to give you a false sense of security regarding your child’s safety. There is NO substitute for adult supervision.
- ◆ Always take your children to open water areas such as beaches and lakes that are well supervised by trained lifeguards.

EMERGENCY PROCEDURES

Call 9-1-1 for Emergency Help

- ◆ Learn how to administer CPR, mouth-to-mouth resuscitation, and other lifesaving techniques to children. To be able to administer CPR correctly you must be properly trained.
- ◆ Know how to contact your local emergency medical services. Install a phone, or keep a cordless phone, in the pool or spa area. Post the number in an easy to see place.

BATHROOMS

- ◆ Children must be supervised while bathing. Leaving a small child in charge of a young sibling is not acceptable. Many tragedies occur when the caretaker leaves the child alone in a tub for “just a few seconds” while answering the phone or getting a towel.
- ◆ A child should not be allowed to use the bathtub as an unsupervised playground. The bath experience should be a fun time to be shared with the parent or adult caretaker. The bathtub must be emptied when an adult is physically present.
- ◆ Children have also been known to drown in toilet bowls. A young toddler is inquisitive by nature and is drawn to any body of water, including the toilet bowl. Because of a toddler’s head and body weight distribution, the child that reaches into the toilet and falls headfirst may not have the strength to right themselves and escape. Silently, the child drowns. Safety latches for toilet seats are recommended.

BUCKETS

- ◆ Always empty any bucket when it is not in use.
- ◆ Pay particular attention to children if you use a five-gallon industrial bucket. These buckets are constructed of heavy, rigid plastic and pose a threat to young children. The size and heavy construction of the bucket, as well as a child’s center of gravity and underdeveloped coordination, prohibit a child from extricating themselves after falling into the bucket.

For more information on Water Safety, please visit www.preventdrowningca.org or contact your local parks and community services department.