

Water Safety - Ways to Prevent Drowning

1. Never, ever leave a child alone in a bathtub or playing near water of **any** kind, including pools, spas, wading pools, irrigation ditches, buckets and other open standing water. This applied year-round, even in winter. When near water, infants and toddlers should be close enough for an adult to touch at all times.
2. Drowning risks associated with hazards in the home include: infant bath seats, toilets and containers filled with water.
3. Every pool should be fenced on all four sides. Pools should be fenced separately from the house and should have a self-closing, self-latching gate. Pool covers are not effective barriers. Keep a safety ring with a rope by the pool at all times. Hot tubs, streams, or other bodies of water should have effective barriers. Most pool drownings occur in a matter of minutes. Most drownings are silent - no splash or struggle is heard. Use special drain covers to avoid body entrapment or hair entanglement.
4. Learn CPR. Have your teen or sitter learn CPR. Get re-certified every year. Drowning victims who get CPR immediately are much more likely to survive.
5. Keep a telephone and equipment approved by the U.S. Coast Guard (life buoys, life jackets and a reach tool) near pools.
6. All children and adolescents should wear U.S. Coast Guard approved life jackets whenever they are in or on watercraft. All adults should wear life jackets to model good behavior and to facilitate their ability to help their child in case of emergency. Small children and non swimmers should wear life jackets when they are near water and when swimming.
7. Children need to learn to swim. However, swimming lessons do not make a child drown-proof. Constant adult supervision is mandatory.
8. Teach teens the danger of mixing alcohol or drugs with water sports. 1/1000 boys drown before their 20th birthday.

9. Never let anyone with a seizure disorder swim alone. Children with seizure disorders should shower instead of bathing when they are old enough to be unsupervised in the bathroom.
10. Always check water depth before diving.
11. Only a responsible adult should supervise children in or around water. Older siblings are not effective supervisors. Supervision should be **close, constant and attentive**.