

WATER & POOL SAFETY

Emergency Management & Disaster Preparedness

Tips for the Association Report

August 14, 2019

Summer is the perfect time to swim! Keep note of these water safety tips!

A child or weak swimmer can drown in the time it takes to reply to a text. Death and injury from drownings happen every day in [home pools and hot tubs](#), at the [beach or in oceans](#), [lakes, rivers and streams](#), bathtubs, and even buckets. ([American Red Cross](#))

Hard Facts about Swimming Safety

- Children less than a year old are more likely to drown at home in the bathroom or a bucket.
 - o **Children drown in TWO INCHES of water.** Make sure to **EMPTY** buckets once done using.
- Among preventable injuries, **drowning is the leading cause of death for children 1 – 4 years old.**
- Children 1 – 4 years old are more likely to drown in a pool.
- Children 5 years and older are more likely to drown in natural water, such as ponds, lakes and rivers.

Do you know the five water survival skills that could save a child's life?

Click [here](#) for Pool Safety Facts from [Safe Kids Worldwide](#)



Is your family heading to the lake, river or ocean this summer? **Be careful: Kids are more likely to drown in open water than they are in a pool.** Check out SafeKids' [infographic](#) on the open water risks. For the **Spanish Infographic** click [here](#).

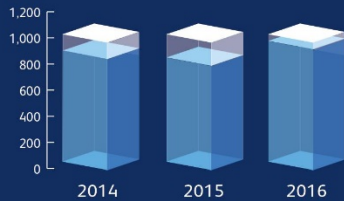
DROWNING DANGERS FOR KIDS

Spotlight on Open Water

Lakes • ponds • Rivers • Oceans • Reservoirs • Retention Ponds • Quarries

CHILDHOOD DROWNING OVERALL

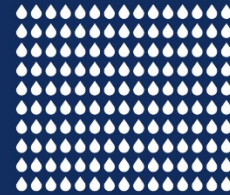
1,000 CHILDREN DROWNED IN 2016



7,000 MORE WENT TO ER



150 FAMILIES IMPACTED PER WEEK



MORE CHILDREN AND TEENS DROWN IN OPEN WATER THAN IN POOLS



Open water
43%



Pools
38%



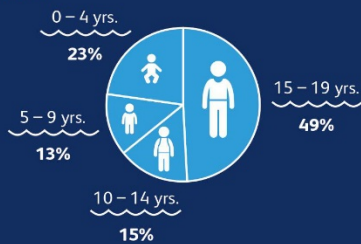
Bathtubs
9%



Other
10%

OPEN WATER FATALITIES

BY AGE



BY GENDER



BY ETHNICITY (PER 1,000,000)



HIDDEN HAZARDS OF OPEN WATER

- Dangerous currents
- Sudden drop-offs
- Limited visibility
- Depth of water
- Rocks and vegetation
- Cold temperatures
- Difficult-to-judge distances

Tips to Keep Your Kids Safe



- Watch kids in and around water without being distracted.
- Teach kids how to swim in open water, which is different from swimming in a pool.
- Use a U.S. Coast Guard-approved life jacket appropriate for the child's weight and water activity.
- Learn what to do in an emergency without putting yourself at risk for drowning.

For more information visit www.safekids.org

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American Red Cross Safety Tips

- Ensure every family member learns to swim so they at least achieve skills of *water competency*
 - o Able to enter the water
 - o Get a breath
 - o Stay afloat
 - o Change position
- Employ layers of protection
 - o Life jackets (**NOT FLOATIES. Life jackets save lives. Floaties save wrists.**)
 - o Barriers (to prevent access to water)
 - o Close supervision (to prevent drowning)
- In case of a water emergency, learn to call for emergency help and learn CPR

Water Competency

3 main components

1. Water Smarts

- **NEVER** swim **ALONE** – have buddy!
- Know your limitations
- **LIFE JACKET** – access a “How to Fit a Life Jacket” video [here](#)
- Swim sober
- There are unique risks in various water environments
 - o River and ocean rip currents
 - o Water temperature (**NEVER ALLOW CHILDREN IN HOT TUBS**)
 - o Shallow/unclear water/Underwater hazards (i.e., vegetation and animals)

2. Swimming Skills

1. Enter water that’s over your head, then return to the surface.
2. Float or tread water for at least 1 minute.
3. Turn over and turn around in the water.
4. Swim at least 25 yards.
5. Exit the water.

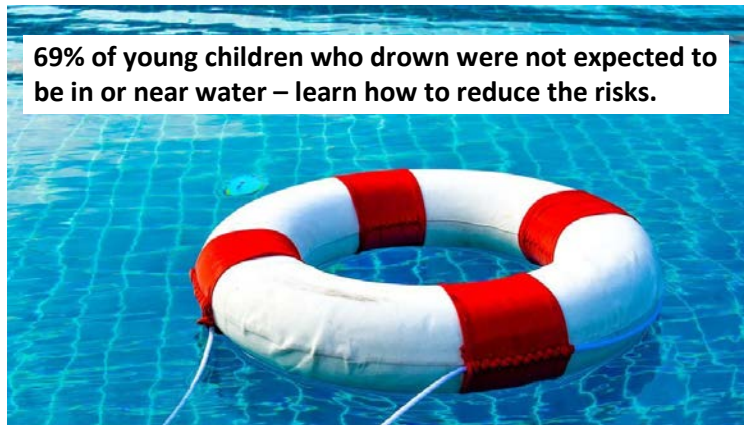
3. Helping others

- Close supervision
- Learn drowning signs
 - o Someone is not making forward progress in the water.
 - o They are vertical in the water but unable to move or tread water.
 - o They are motionless and face down in the water.
- Safe assist: Reach or Throw, Don’t GO
 - o Reach for the person, throw a life saver, do NOT go in the water
 - o Click [here](#) for video
- Learn CPR and FIRST AID

WATER SAFETY AT HOME (PDF) - [SafeKids Worldwide](#)

Download everything you need to know to keep your kids safe in and around water at home.

Home Pool & Hot Tub Safety



How to Create a Safer Home Pool or Hot Tub

- **Secure Your Pool When Not in Use**
 - o Completely surround your pool with four-sided isolation fencing with a self-closing and self-latching gate that is out of the reach of a child.
 - o A four-sided isolation fence (separating the pool area from the house and yard) reduces a child's risk of drowning 83% compared to three-sided property-line fencing.
 - o For above-ground pools, secure, lock or remove steps, ladders and anything that can be used for access (such as outdoor furniture and toys) whenever the pool is not being actively supervised by an adult.
 - o Install a secondary barrier, such as:
 - Door alarms and locks that are out of the reach of a child on all doors and windows with direct access to the pool or spa area
 - Lockable covers

Establish and Enforce Rules and Safe Behaviors

- **Do not** enter head first unless in a pool that has a *safe* diving area.
- **Stay away** from drains and other openings that cause suction.
- **Swim with a buddy.**
- Only swim when supervised by a water watcher.
- Swim sober.
- Supervise others sober and without distractions (i.e., reading, talking, using a cell phone, etc).

