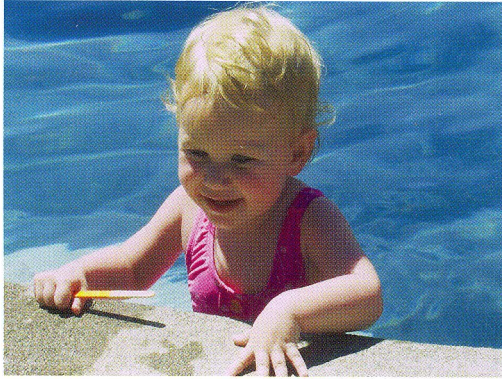


WATER SAFETY

for families

Statistics and Facts



In memory of Brooklynne Grace Traina

TEACH SAFETY

- Learn and enforce all the rules and, above all, teach by your example.
- Never swim alone.
- Obey lifeguard warnings.
- Walk! Do not run around decks. Wet surfaces are slippery.
- If you can hear thunder, lightning is close enough to strike you.
- Always wear a life jacket when boating, fishing or playing in or near deep or fast-moving water.
- A life jacket is not a swimming aid and, for young children, they will likely not turn them face up in the water.
- Explain all posted safety rules and warning signs to your children.
- Segment your supervision of your child in and around the water.
- Take breaks and include out-of-water activities during the scheduled breaks.

In 18 states, drowning ranks as the leading cause of accidental death among young children. Nationally it ranks first for children 1 – 3 years old. Each year, an additional 4,200 children are treated for submersion injuries at emergency rooms throughout the country. For every child who drowns, another five are hospitalized and another 16 are treated for submersion injuries. More than 75% of victims had been missing for less than five minutes. More than half of all drowning tragedies occur during the summer months.

Safeguard Your Child

Never leave a child near any body of water, not even for a second. Set firm rules for all water-related activities. Teach children how to handle themselves in the water BEFORE encouraging them to play in it. Swim lessons that include survival skills provide an extra layer of protection.

Stay in touch! Keep all children who can't swim within arm's reach when water is nearby. Keep a telephone and emergency numbers close. Remember, CPR is an after-the-fact emergency procedure with an uncertain outcome.

Flotation devices such as armbands, flotation rings and inflatable toys give parents a false sense of security. These devices can shift suddenly, deflate or slip from underneath, leaving a child in a very dangerous situation. They also provide an inappropriate learning experience for a young child.

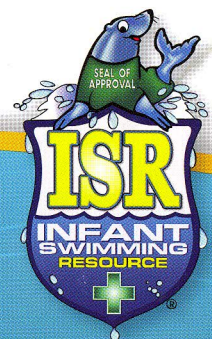
Eliminate distractions. The leading causes of distractions around the pool are an adult leaving to answer the phone, attending to something inside the home and helping someone else in or around the water. If you must leave, take the children with you.

Drowning is Quick and Silent

A child can drown in as little as one inch of water. Loss of consciousness occurs 2 minutes after submersion. Permanent brain damage occurs within 4 – 6 minutes.

Nothing Can Drown-Proof A Child

infantswim.com



Supervision

Maintain constant, eyes-on, uninterrupted supervision. Never leave a child alone near any body of water, not even for a second. An alarming 88% of young drowning victims were under some form of supervision at the time of the incident and 46% were under the care of both parents.

Basic CPR & First Aid courses are available for parents and other caregivers through the local American Heart Association and American Red Cross. If an emergency should occur, often you are the first person able to respond.

Don't designate supervision to an older child or sibling. It is too much responsibility. Many children have drowned with their older brother or sister in the pool.

Do not rely on the lifeguard to watch your child. Lifeguards are there to enforce pool rules. They can't watch everything or everyone.

Instruct babysitters about potential water-related hazards and the need for constant supervision. Never assume someone else is watching your child. YOU are the one who MUST watch your child.



Safeguard your Pool

Your child should never be able to access the pool alone.

Pool safety is important in the prevention of tragedies. Build layers of defense around the pool. Children under four are most likely to drown in swimming pools (44%). Submersion incidents usually happen in a pool owned by the child's family (65%) or by friends or relatives (33%).

Permanent four-sided fencing that encloses the entire pool area should be 4 – 6 feet in height and equipped with self-closing, self-latching gates. Vertical bars should be no more than four inches apart. The risk of drowning **DOUBLES** when barriers are reduced to three sides.

Remove ALL toys from the pool when it is not in use. These colorful objects can be very attractive to little eyes. Do not leave furniture or other objects in the pool area that would allow children to climb over the fence.

Install high locks and alarms on ALL doors and windows that lead to the pool, including utility and pet doors.

Position jets so floating objects flow to the shallow end near the steps or ladder.

Never leave a child near any body of water.



It only takes a moment for a child to slip beneath the surface.

Boating Safety

A reported 55% of children under 14 who drowned in boating accidents were not wearing life jackets. An estimated 85% of all boating-related drowning could have been prevented if the victims had been wearing a life jacket.

Always wear a U.S. Coast Guard-approved life jacket around oceans, rivers, lakes or when participating in water sports. Test the life jacket you purchase for your child in a pool... will it turn them face up? If it does not, buy one that will.

Recreational boats must carry one appropriately-sized life jacket for each person on board. Take refresher courses in boating and water safety. Stay updated on current rules and regulations. Obey no-wake and speed zones.

86% of children who fall into water are fully clothed.

Diving Safety

Diving injuries can be among the most physically debilitating. Children under the age of 6 should not be taught to enter the water head-first.

Teens are more likely than any other age group to suffer diving injuries, many of which can result in permanent spinal cord damage or death. Only dive in areas that are known to be safe for diving, such as the deep end of a supervised pool.

Always dive with your hands in front of you and "steer up" upon entering the water to avoid hitting the bottom.

"No Diving" signs mean the water isn't safe for head-first entry. Even if you plan to jump in feet first, check the water depth before you leap to make sure there are not hidden rocks or other hazards.

For further information and vital details concerning family aquatic safety, please visit familyaquaticsafety.com.

Beach Safety

Check surf conditions before entering water. Often they are posted at the beach access point. Lifeguards can also advise of any dangerous conditions.

If your child is caught in a rip current, instruct them not to panic and swim parallel to the shore until the current releases them. This will reduce the chances of becoming exhausted from fighting the current.

Staying in a lifeguard-supervised area will increase the chances of receiving help by trained professionals.

Dress your child in bright colors when going to the beach. Use a consistent bright color and style of swimsuit. Have a picture of your child in the "beach suit" with you to show a lifeguard who may be helping you search for your child.

Sun Protection

Apply a minimum of SPF 15 water-proof sunscreen 30 minutes before going out in the sun. Reapply every 45 minutes.

The sun's rays are strongest between 10 a.m. and 2 p.m. Wear proper UV-protective sunglasses and hats.



Comparing Swimming Programs

Doing your research in selecting an effective swimming program and the instructor is key. Choose a program that will teach your child the skills to survive in the water. Water survival skills are vital for infants and young children.

Beware of programs that promote only water acclimation. If your child learns to love the water but does not have the skills to save him/herself, then the risk of a water accident can actually increase. When children are confident in their skill, love of the water will inevitably follow.

Check the instructor's teaching qualification. There are currently no laws governing licensing of swimming

instructors. They should also have current CPR and First Aid certifications. Confirm that the instructor is certified to teach survival-swimming skills.

Since 86% of children who fall into the pool are fully clothed, children should have some experience with this scenario. Swimming in clothes and shoes is a significantly different situation than swimming in a bathing suit. Ensure your child's instructor will practice with him/her.

Children should not learn to swim in water that is warmer than 88 degrees. This can contribute to dehydration. Swimming in warm water can also make movements less effective while learning to swim.

"It's not just about swimming... it's about surviving."

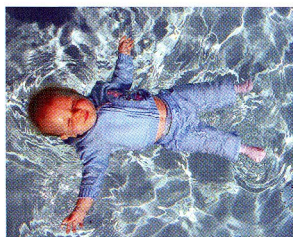
What is Infant Swimming Resource?

Infant Swimming Resource (ISR) is nationally recognized as the safest Self-Rescue™ swimming program for infants and young children. The program is the world's most comprehensive and efficient drowning prevention strategy that focuses on effective education of everyone who can prevent the next baby from drowning—parents, pediatricians, the community and particularly the infant or child.

The ISR program (infantswim.com) is the product of more than 40 years of research and development by Dr. Harvey Barnett. More than 200,000 infants and young children have gone through the ISR program with more than 7 million safe and effective lessons. Each ISR lesson is one-on-one with the instructor and is individualized for each child's needs and abilities. Lessons are 5 days per week, Monday – Friday, for approximately 10 minutes in length for efficiency and retention.

Infants from 6 months to 12 months learn how to hold their breath underwater, roll onto their back and float unassisted until someone rescues them. Children over the age of 1 year learn how to hold their breath underwater, swim with their head down, roll onto their back to float, rest and breathe; then roll back over to resume swimming until they reach the side of the pool and crawl out. This is called the ISR swim-float-swim sequence. All children will learn how to perform these skills in different types of clothing. This is usually accomplished in 4-6 weeks.

Statistics courtesy of the Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Web-based Injury Statistics Query and Reporting System (WISQARS) [online] (2005) and the National Safe Kids Campaign, Clear Danger: A National Study of Childhood Drowning and Related Attitudes and Behaviors (2004).



All Photos 2009 © Infant Swimming Resource, LLC

POOL SAFETY



#1 EFFECTIVE SUPERVISION

- Supervision is the first, and most critical line of defense to prevent drowning.
- Segment Supervision by designating a specific period of time to devote your complete and undivided attention to your child who is around the water (15 min.) - Don't answer the phone, don't read and don't talk to other adults - give your child 100% of your attention
- Designate one parent as the Water Watcher so there are never questions about which adult is responsible for watching the child



Please be cautious of the curiosity and fun doggy doors can be for young children.

Permanent Fence

- Permanent 4-sided pool fence with a self-locking gate
- Periodically shake-test every part of your pool fence
- Do not allow your child to play on and/or climb the fence
- Remove patio furniture that may be pushed or pulled and used as a ladder

Pool Water

- Aim jets and in-floor jets to the shallow end of the pool
- Keep the water level at the uppermost point
- Waterfalls in pool areas create a noise level that may compete with a cry for help

Phone

- Never answer your phone during Segmented Supervision
- Carry a cell phone with you at all times to call 911 in an emergency
- Have an outside pool phone designated for emergencies only
- Have your address printed out next to your outdoor phone for emergency situations

Pool Toys

- Outdoor toys should be stored in an area that is isolated from the pool deck
- Keep your pool deck clean and clear
- Pool tools are not pool toys

Alarms

- Make sure all doors leading to the pool are locked and alarmed
- Alarms should indicate that someone is in the pool area or has opened/closed a door or gate, or trying to climb the fence

Educate Others

- Friends and family may not understand the importance of keeping gates closed, doors locked, closing toilet seats, emptying buckets, etc.
- Visiting family, holiday parties and celebrations can lead to breakdowns in routine supervision and effective barriers to the water
- If a child is missing, look for him or her in the pool or spa first

Drain Entrapments are a SERIOUS danger. Please make sure your children:

- Do not play or swim near drains or suction outlets especially in spas and shallow pools
- Never enter a pool or spa that has a loose, broken or missing drain cover
- If you see a broken or loose drain cover, immediately notify a lifeguard or pool/spa manager
- Children's public wading pools, other pools designed specifically for young children and in-ground spas that have flat drain grates and single main drain systems pose the greatest risk of entrapment

Information provided by: www.PoolSafety.gov

HOT TUB SAFETY



SPAS, JACUZZIS AND HOT TUBS CAN BE PARTICULARLY ENTICING TO YOUNG CHILDREN

THINK OF IT FROM YOUR CHILD'S PERSPECTIVE... BUBBLES, JETS AND WARM WATER = FUN!

Water Temperature

- To prevent dehydration, or heat-related illness, keeping the water temperature below 100 degrees Fahrenheit is safer for small children
- Always check the temperature first with your hand before entering

Limit Play Time

- Limit your child's playtime in the water to less than 10 minutes
- If your child's face turns red, has nausea or dizziness, take the child out of the water immediately and apply cold water to the forehead with a saturated towel

Jets & Bubbles

- Keep the jets off, the currents that can be created by the jets can be particularly strong, and are very dangerous for a young child

- Bubbles in a hot tub drastically reduce visibility and make the water too interesting for little ones to want to investigate further

Covers & Locks

- When the spa or hot tub is not in use, secure it with a hard top cover with a latch that locks

Hot Tub Controls

- Find a way to prevent children from manipulating the controls for the hot tub. Once they find out how to activate the jets, they will, whether you are there or not.



Remember, drowning is a silent epidemic. A child will slip into a pool or spa without a sound or a splash.

Install VGB-Compliant Drain Covers

One of the most important factors in keeping children and adults safe from entrapment incidents in pools and spas is to install anti-entrapment or safety drain covers that are compliant with the P&SS Act.



Drain entrapments are frequently the result of a swimmer's body, hair, limbs or clothing becoming entangled in a faulty or flat drain or grate. The best defense against entrapments is to prevent them before they happen by installing federally-compliant drain covers. Inspect your drain cover regularly to make sure it's not broken and is not missing.

For a full list of manufacturers of the VGB-compliant products visit www.PoolSafety.gov

BATH TUB SAFETY



CHILDREN SEE BATH TIME AS AN EXCITING ADVENTURE

After pools, more children drown in bathtubs than in any other product in and around the home.

Supervision

- Never leave your child alone in the bathtub
- Don't answer the phone, the door or get a towel -- if you need to leave take your child with you
- Watch your child from the moment they get in the tub till the moment they get out and dry off
- Don't leave a baby or toddler in a bathtub under the care of another young child

Check the Water First

- Always, always check the temperature first, particularly when you are at a hotel or visiting and giving your child a bath in a different tub
- Even bath tub water can cause scalding burns

Electrical Appliances

- Make sure your tub area is clear of electronic appliances. Hair dryers are responsible for several electrocutions a year
- Unplug items that are not in use

No Slip Strips

- Place 'no slip' strips to the bottom of the tub and regularly used areas in the bathroom as little bodies slip and fall easily on wet surfaces
- Add a "no slip" slip bath mat outside of the tub to prevent accidental falls from water being splashed out of the tub

Phone

- Take a portable phone with you into the bathroom. Use it for emergency calls only during bath time

Bath Toys

- Do not allow any small tub toys or parts of toys that could be swallowed or choked on

Baby Seats

- Baby bath seats are not a substitute for supervision. A bath seat is a bathing aid, not a safety device.

Information provided by the Consumer Product Safety Commission - www.cpsc.gov

CPR - If an emergency happens, it is essential parents and families are prepared. The American Red Cross recommends individuals know CPR before they administer the procedure in an emergency situation. Learn to perform CPR on children and adults and remember to update those skills regularly.

CPR courses are available in local communities through public and nonprofit groups such as the American Red Cross and the American Heart Association.

Adding as many proven water safety steps as possible is the best way to assure a safe and fun experience, because you can never know which one might save a child's life -- until it does.

Information provided by: www.PoolSafety.gov



BOAT & LAKE SAFETY



Supervision

- Lakes and rivers can be especially dangerous because of their dark and sometimes fast-moving water, therefore effective supervision of your child anytime he is around the dock, river or lake is especially critical

Safety Tools

- Have a rope and throw ring on your boat or dock such that these can be used in a moment's notice

Bow Riding

- Do not allow small children to ride in the front of the boat while the boat is moving, uncontrollable wake can propel a child from the boat

Towing

- When towing children and/or adults in pairs, use the rule when one falls, everyone falls. You never know when someone might be injured in the water

Everyone Onboard

- Account for everyone who should be on the boat BEFORE you start the engine

Cell Phone

- Always remember to bring a phone on the boat and place it in a designated spot. If you have to go into the water to rescue someone, will you remember to take it out of your pocket first?

LIFE JACKETS

If your family owns a boat, or you enjoy boating with others, there are several special precautions that need to be taken.

- Coast Guard regulations require that children always wear a life jacket on a boat
- Test Your Life Jacket -- please be aware that many life jackets will float your child in a face down position -- so test your life jacket before going out on the water



Keeping it safe around the DOCK

If you have a dock on or near your property take special precautions:

- Paint or tape a brightly colored 'do not cross' line on that dock at least 2-3 feet from the edge of the dock, and teach your child that they should never cross that line without a parent
- Dock pylons are often covered in algae or barnacles and it can be impossible to hold on if they fall in the water. Instead install a PVC piping on the pylons of the dock so there is something for your child to hold onto if he/she falls into the water
- Keep your dock well illuminated
- Remove submerged debris from around the dock
- Make periodic hive, nest and habitat checks for ants, wasps, bees, snakes, spiders, etc. Getting stung on the dock can be more dangerous than being stung near home
- Install an alarm or horn on your dock. Teach the sound of it to your neighbors and learn theirs too.
- Never ignore a dog barking on a dock
- Keep old fishing lines, unused ropes and other discarded items free from under the dock. Getting tangled in these is like trying to swim through a drift net