

## POOL SAFETY TIPS

TODAY, 11 young children will drown in the United States. The same thing happened yesterday, but doesn't have to happen tomorrow. In 18 States, drowning ranks as the most prominent cause of accidental death for children under 4 years of age. Arizona, Florida, California and Texas lead the nation in this tragic statistic.

While 4,000 babies drown every year in the United States.....another 12,000 to 16,000 will survive as near drowning victims with severe brain damage.

Okay, enough about that. Now for the good news; drowning is PREVENTABLE! I'm going to go over some safety tips that will help keep our little ones safe.

1. Egg Timer: Purchasing some sort of timer is a good idea when you have a lot of people around the pool. Designate an ADULT as the "pool watcher" for a specified amount of time. This "pool watcher" has only 1 responsibility and that is to keep his/her eyes on the children in the pool. This designated "pool watcher" cannot socialize with anyone, they cannot use the phone, or even use the restroom until the timer goes off. At that point the timer gets passed to another adult and so on...
2. No pool hose: This can be very dangerous even for the very skilled swimmer. They can get tied up or tangled in it and make survival almost impossible. Remove hose from pool when not in use.
3. Pool jets: Turn pool jets toward shallow end of pool or steps. A child in need of help can at least be pushed toward the shallow end of pool or steps to help in survival.
4. Hard Cover: Always use a HARD COVER for jacuzzies and spas when not in use.
5. High Edge: A Solution for a high edge or dock would be to create a post and hang a rope down into the water. Children can at least hang on the rope if edge is too high to reach.
6. Outdoor phone jack: This is a must to avoid having to run in the house and become distracted from children playing near the pool.
7. Arm Bands, etc: Any floating device for children can be very harmful. They provide a false sense of security. Young children begin to believe that they can swim and will be more tempted to jump in without the arm bands, tubes, etc.
8. Pool Alarms: These sometimes are too sensitive and will go off for any reason such as the wind, toy or branches. Adults will eventually "tune out" the alarm.
9. High Locks: Use locks on doors and windows. Six foot high is recommended.
10. Safety Fences: These are only as good as you are. Kids can learn to unlock them or climb over them. Older siblings can easily forget to lock it, etc.
11. Pool Blankets: Be cautious!! Kids can easily get stuck underneath and make survival impossible.
12. Survival Swim Program: Enroll your children in a reputable swim program that focuses on survival. Infant Swimming Resource is recommended. To locate an instructor in your area, please visit their award winning website at [www.infantswim.com](http://www.infantswim.com).
13. CPR: All Adults should learn CPR mainly for infants & children.
14. Supervision: SUPERVISION, SUPERVISION, SUPERVISION!!!