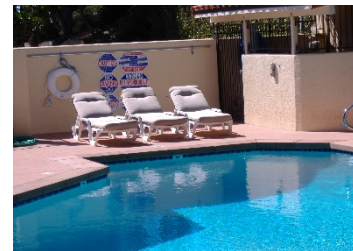


General Swimming Safety Tips



- Learn to swim and ensure that your children know how to swim. Many cities offer swimming lessons for children and adults. Contact your city government, local parks and recreation department, local municipal pool, or the YMCA for assistance.
- Learn CPR. The American Red Cross and the American Heart Association offer CPR classes.
- Never leave children alone or unattended around water. Designate a water watcher at pool parties. It only takes a few minutes to drown and it is most often a silent death. Pay attention to small children when they are swimming to avoid disaster.
- Childproof your pool area. Install a safety fence around the pool and equip it with self-latching gates. Remove any items or structures that may be used to climb over the fence. For example, nearby trees and planters can be used by a child to hop the fence. Consider installing alarms on exterior doors to the pool or on the pool cover. Remove tripping hazards around the pool and hazards in the pool. For example, a beach ball or toys in the pool might attract a small child to the pool.
- Remember to maintain the pool to keep the water clean and clear at all times. If you can't see the bottom of the pool, you can't see a body if someone has fallen in the pool. Maintain pool drains, skimmers, and equalizers in good repair, as these suction lines can entrap a pool user if not properly maintained.
- Provide a life ring and/or pool rescue hook for emergencies. Install a suction release device (SVRS) to immediately stop the recirculation system in case of entrapment on a drain.
- Avoid alcohol use around the water. Alcohol use impairs balance, coordination, and judgement.
- Call 911 for immediate assistance



Click on the related links for more information:

CDC, Child Drowning Prevention <https://www.cdc.gov/safekids/drowning/index.html>
Safe Kids, Water Safety at Home <https://www.safekids.org/watersafety>
Drowning Prevention Foundation <http://drowningpreventionfoundation.com/water-safety-tips/>
Foundation for Aquatic Injury Prevention <http://www.aquaticisf.org/prevention.htm>