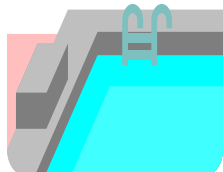


Water Safety

Facts About Water Safety

- ◆ Drowning is the leading cause of death for San Diego County children ages one to four.



- ◆ Most drownings happen in home swimming pools and spas, but children can also drown in *toilets, bathtubs, and buckets.*

Water Safety Tips

Drowning only takes a couple of minutes and a couple inches of water. Here are some ways to reduce the risk of your child drowning:

- ★ **Stay close.** Make sure that you are able to see your child whenever he is around a pool, spa or bathtub. **Never** leave a child alone around water, not even for a few seconds.



- ★ **Take turns watching the kids.** Adult supervision will help keep kids safe, especially during social gatherings. Remember to watch the water, not the children.



- ★ **Be ready for an emergency.** Learn CPR and keep a telephone and emergency numbers near the pool.

- ★ **Learn how to swim.** *Swimming lessons are **NOT** a substitute for close adult supervision, but adults and children should know how to swim. Children are usually ready for swimming lessons at around age 4.*



- ★ **Swim with a buddy.** Teach children to always swim with a friend. *Swimming alone is very dangerous.*

- ★ **If you own a pool or a spa, you are at high risk for a drowning to happen.** Take action to prevent a tragedy.

- ✓ The pool must have a five-foot fence that goes completely around the pool or spa and separates it from your home.
- ✓ The fence gate, side gates and doors that lead to the pool or spa area should be **self-closing** and **self-latching**, the latches should be high enough so that children will not be able to reach them.
- ✓ Add extra protection like automatic safety covers and alarms on doors and windows leading to the water.
- ✓ Do not use floating pool covers. Children can slip underneath and become trapped and out of sight.
- ✓ Never leave toys in the pool or spa area.

