



## Pool Safety Checklist

### TIPS FOR PARENTS

- Watch kids when they are in or around water, without being distracted.** Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.
- Teach children how to swim.** Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.
- Make sure kids know how to swim and learn these five water survival skills:**
  1. Step or jump into water over their head and return to the surface.
  2. Float or tread water for one minute.
  3. Turn around in a full circle and find an exit.
  4. Swim 25 yards to exit the water.
  5. Exit the water. If in a pool, be able to exit without using the ladder.
- Install fences around home pools.** A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.
- Empty kids' pools after each use.** Store them upside down so they do not collect water.
- Know what to do in an emergency.** Learning CPR and basic water rescue skills may help you save a child's life.

# The Facts about Kids and the Danger of Drowning

## THE PROBLEM

Almost 800 children drown in the U.S. every year.



Two thirds of these deaths occur during May – August.

### Drowning Risk Varies by Age



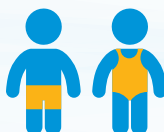
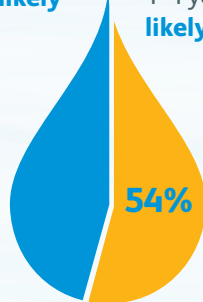
<1 year olds are **more likely to drown at home**



1-4 year olds are **more likely to drown in a pool**



5-17 year olds are **more likely to drown in natural water**



More than half of all child drowning deaths are among **children ages 0 to 4.**

## PARENTS' MISCONCEPTIONS



### MISCONCEPTION 1

Nearly half of parents surveyed think that if a child was drowning nearby, they would hear it.

### Reality

**Drowning is silent.** There can be very little splashing, waving or screaming.



### MISCONCEPTION 2

1 out of 3 parents have left a child alone in a pool for two or more minutes.

### Reality

**Drowning is quick.** Once a child begins to struggle, you may have less than a minute to react.




### MISCONCEPTION 3

More than half of parents surveyed think that when present, a lifeguard is the primary person responsible for their child's supervision at the pool.

### Reality

**Watching your child in the water is your responsibility.** A lifeguard's job is to enforce rules, scan, rescue and resuscitate.



**MISCONCEPTION 4**  
60 percent of parents surveyed would not worry as much about drowning if their child has had swim lessons.

**Reality**

Swim lessons are essential, but skill level varies.

A review of children who drowned in a pool revealed that 47 percent of 10 – 17 year olds reportedly knew how to swim.

**WATER SURVIVAL SKILLS**

**5 Survival Skills That Could Save Your Life in the Water**



**1** Step or jump into water over your head and return to the surface.



**2** Float or tread water for one minute.



**3** Turn around in a full circle and find an exit from the water.

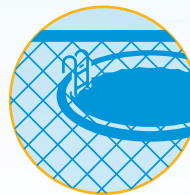


**4** Swim 25 yards to the exit.



**5** Exit from the water. If in a pool, be able to exit without using the ladder.

**WATER SAFETY TIPS**



- ◆ Watch your kids when they are in and around water, without distraction.
- ◆ Teach children to swim and the 5 Water Survival Skills.
- ◆ Learn CPR and basic rescue skills.
- ◆ Make sure pools have four-sided fencing at least 4 feet high.

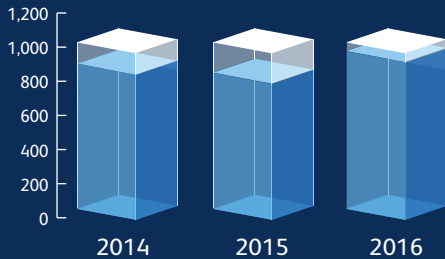
# DROWNING DANGERS FOR KIDS

## Spotlight on Open Water

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

### CHILDHOOD DROWNING OVERALL

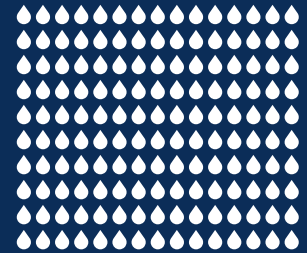
1,000 CHILDREN DROWNED IN 2016



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%



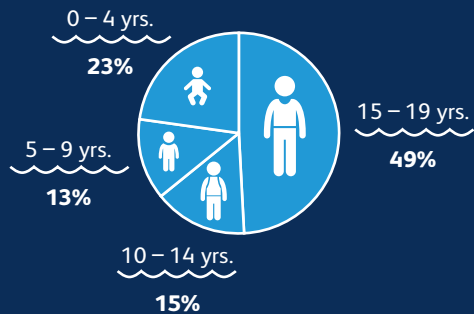
Bathtubs  
9%



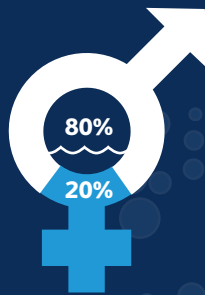
Other  
10%

### OPEN WATER FATALITIES

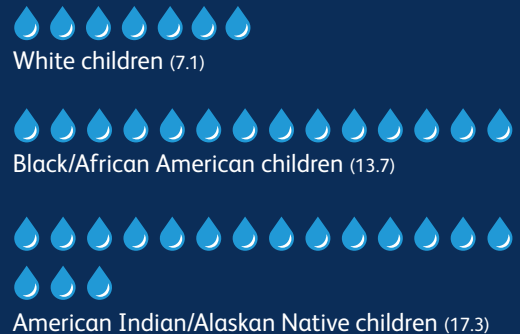
BY AGE



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.

