

## Information Directory

### How to Prevent Drowning

- ◆ Use an approved barrier to separate the pool from the house.
- ◆ NEVER allow children to be alone near a pool or any water source. This includes bathtubs, buckets, toilets and ponds.
- ◆ Do not allow children to play in or around the pool area.
- ◆ Mount life-saving devices near the pool.
- ◆ Keep tables, chairs, ladders AWAY from the pool fences. Check placement of doggie doors for direct access to pool area.
- ◆ Post the 9-1-1 emergency number on the phone. Think about installing a phone near the pool area.
- ◆ Adult supervision is the best approach in the prevention of drowning.

	<p>California Park &amp; Recreation Society, Aquatic Section 7971 Freeport Blvd. Sacramento, CA 95832-9701 (916) 665-2777</p>	
<p>National Recreation &amp; Park Association, Aquatic Section 650 W. Higgins Hoffman Estate, IL 60195 (847) 843-7529</p>	<p>Children's Hospital of Orange County 4555 Main St. Orange, CA 92868 (714) 532-8887</p>	
<p>National Safety Council Learn to Swim Program 1-800-NSC-SWIM</p>	<p>Orange County Red Cross 601 N. Golden Circle. Dr. Santa Ana, CA 92711 (714) 481-5350</p>	

## Help Prevent Childhood Drowning



## Water Safety Tips



Community Services

Anaheim Community Services  
Department Aquatics  
200 S. Anaheim Blvd, #433  
Anaheim, CA 92805

#### Information obtained from the following agencies:

- ❖ CPRS Aquatic Section / NRPA Aquatic Section
- ❖ U.S. Consumer Product Safety Commission
- ❖ California Center for Childhood Injury Prevention
- ❖ California Department of Health Services
- ❖ Orange County Health Care Agency
- ❖ Arizona Department of Health Services

Compliments of Anaheim Community Services Department Aquatics.

*Too often people say “I only left for a second...” Sadly, just a few seconds is all it takes for a child to drown.*

Drowning kills more toddlers in California than any other accidental cause. Most Children drown in their own pools, but some children also drown in buckets, toilets, bathtubs and ponds.

Near-drownings are also tragic. Near-drownings can cause permanent brain damage.

Drowning and near-drownings can be prevented! Anyone involved with young children needs to be aware of how to prevent this tragedy.

## **SUPERVISION**

- ❑ Never leave your child unattended in or near a swimming pool, hot tub, spa, bathtub, toilet, or bucket of water, even for a second.
- ❑ Keep toys, tricycles, and other children’s play things away from the pool or spa.
- ❑ Don’t consider your children to be “drownproof” because you enrolled them in swim classes.
- ❑ Don’t allow barriers, such as fences or walls, to give you a false sense of security regarding your child’s safety. There is NO substitute for adult supervision.
- ❑ Always take your children to open water areas such as beaches and lakes that are well supervised by trained lifeguards.

***Remember, it only takes a second for a child to drown.***

## **BARRIERS**

- ❑ Make sure your pool or spa has an effective barrier such as a fence, wall, or locked gate that helps to guard against unauthorized access.
- ❑ Gates should have self closing, self-latching mechanisms. Latches should be out of reach of young children.
- ❑ Your pool or spa should have a barrier regardless of whether they are covered.

## **IF YOU FIND A CHILD IN ANY SOURCE OF WATER**

- ❑ Yell for help and pull the child out of the water.
- ❑ Call 9-1-1 immediately!!
- ❑ Begin CPR if you are trained.
- ❑ If you are not trained, follow the instructions from the 9-1-1 operator until help arrives.

## **Emergency Procedures Call 9-1-1 for Emergency Help**

- ❑ Learn how to administer CPR, mouth-to-mouth resuscitation, and other lifesaving techniques to children. To be able to administer CPR correctly you must be properly trained.
- ❑ Know how to contact your local emergency medical services. Install a phone, or keep a cordless phone, in the pool or spa area. Post the number in an easy to see place.

## **BATHROOMS**

- ❑ Children must be supervised while bathing. Leaving a small child in charge of a younger sibling is not acceptable. Many tragedies occur when the caretaker leaves the child alone in the tub for “just a few seconds” while answering the phone or getting a towel.
- ❑ A child should not be allowed to use the bathtub as an unsupervised playground. The bath experience should be a fun time to be shared with the parent or adult caretaker. The bathtub must be emptied when an adult is not physically present.
- ❑ Children have also been known to drown in toilet bowls. A young toddler is inquisitive by nature and is drawn to any body of water, including the toilet bowl. Because of a toddler’s head and body weight distribution, the child that reaches into the toilet and falls in head first may not have the strength to right himself and escape. Silently, the child drowns. Safety latches for toilet seats are recommended.

## **BUCKETS**

- ❑ Always empty any bucket when it is not in use.
- ❑ Pay particular attention to children if you use a five-gallon industrial bucket. These buckets are constructed of heavy, rigid plastic and pose a threat to young children. The large size and heavy construction of the bucket, as well as a child’s center of gravity and underdeveloped coordination, prohibit a child from extricating themselves after falling into the bucket.