

Safety Rules for Parents or Adults Supervising Young Swimmers

SwimWithLeslie.com

Here are a few reminders about pool rules to keep everyone safe. I have also included current statistics. In California, Florida and Arizona, the number of drownings is greater than the rest of the nation because of the number of pools.

Effective Supervision: Never leave a child unsupervised near a pool, spa, pond or bath tub, not even for 2 minutes. The most critical line of defense is adult supervision. No level of aquatic skill can replace active supervision.

Appoint a “designated watcher” or hire a Certified Lifeguard during social gatherings at or near a pool to protect young children from pool accidents. When adults become pre-occupied, children are at risk. Adults can take turns being the “watcher.” Be careful of alcohol intake of the “watchers.”

Instruct child care providers about potential pool hazards to young children and about the rules to follow, such as keeping doors locked or door alarms set. Emphasize the need for constant supervision.

If a child is missing, check the pool FIRST. Seconds count in preventing death or disability. Go to the edge of the pool and scan the entire pool, bottom and surface, as well as the pool area.

Do not consider young children to be drown proof just because they have had swimming lessons.

Do not use flotation devices as a substitute for supervision.

Learn CPR (Cardiopulmonary Resuscitation). Babysitters and other caretakers, such as grandparents and older siblings should also know CPR. Remember to update regularly.

Keep rescue equipment near the pool, such as a Coast Guard approved Life Ring, a Shepherds Crook, CPR instructions and emergency telephone numbers, plus a poolside telephone.

Remove toys from in and around the pool when it is not in use. Toys can attract young children to the pool and cause many drownings.

Never prop open the gate to the pool barrier. Be sure the self-closing and self-latching gates are in good working order.

Get professional confirmation that the drain cannot hold a child underwater. Have an emergency shut off valve for the pump that is clearly marked.

(818) 886-3058

A Few Statistics

SwimWithLeslie.com

In California, drowning is the #2 cause of accidental death among children ages 1-4.

Of all the pre-schoolers who drown, **70% are in the care of one or both parents** at the time of the drowning and 75% are missing from sight for five minutes or less.

An estimated **5,000 children ages 14 and under** are hospitalized each year due to near-drowning. 15% die in the hospital and as many as 20% suffer severe, permanent neurological disability. For every child who drowns, four are hospitalized for near drowning.

A child under 4 years old is **14 times more likely to drown in a pool than to be killed by a motor vehicle.**

It is also more common for drownings to occur on the weekends, at your home's pool or a friend's pool where there is a social gathering. Drowning can happen in mere moments and it is most normally completely **SILENT**.

Floaties or flotation devices do NOT make your child safe so that you can be less vigilant in supervising them. A Coast Guard approved flotation device is your best choice and even then, your supervision is required. The best method is to be in the pool with your child as they are learning to swim. Floaties also cause a child to develop bad habits, such as an upright body position and bent knee kicking, all which must be undone during lessons.

Make a PLAN to review the pool rules often with your children and caregivers.

Survival Swimming Lessons. A moment's inattention does not have to cost a child his life. Proper training with a swim instructor is an added layer of protection, teaching your child water survival skills in a safe environment. At 3 months old, a child can start to learn to roll onto their back and wait for rescue.

If you are interested in swim lessons, you can call me at (818) 886-3058.

Please visit my website at SwimWithLeslie.com.

Feel free to call with any questions.

(818) 886-3058