

# Children Drown Without a Sound!

## Know the ABC's of Pool Safety!



### **A – Adult Supervision Assign a “Water Watcher”**

- Assign an adult “water watcher” who can swim to specifically watch the water.
- Designate an adult to supervise the children in and around the pool/spa area especially during social gatherings.
- Never leave children in or around a pool unattended..not even for one second.
- Take the children out of and away from the swimming pool/spa area for any distractions, such as a telephone call or to use the restroom.
- Do not rely on flotation devices. They should not be used as a substitute for Adult.

#### Supervision.

- Post pool address and an emergency number, including 9-1-1!

### **B – Barriers**

- Install and maintain proper fencing around the pool to isolate your swimming area from the home and play area.
- Use multiple layers of protection such as safety covers, gate alarms, door alarms.  
and motion detectors on devices Inspect them monthly.
- Make sure all gates are self-closing, self-latching and open outward away from the pool.
- Take away all objects that allow a child to climb up to reach the gate latch or climb over the fence.

### **C – Classes (“CPR”)**

- Learn CPR, first aid, and rescue techniques.
- Learn swim skills through on-going qualified instruction.
- Keep rescue equipment such as a shepherd’s hook, life-saving ring, and CPR instructions mounted by the pool to assist potential rescuers.
- Find out and understand the proper behavior in and around the water.  
Teach children the same behaviors.

### **What To Do If A Child Falls Into A Pool!**

- Yell for help and check the scene to make sure that you can safely help the child
- Get the child out of the pool and onto the pool deck.
- Check for consciousness by tapping and shouting, “are you okay?”
- If someone is with you, have them call 9-1-1. Determine if the child is breathing tilt the head back, if you don’t hear or feel breathing or see the chest rising, give two (2) Rescue Breaths, then check for a pulse.
- Begin Rescue Breathing or CPR immediately and continue until emergency help arrives.
- If you are alone and the child is not breathing and/or does not have a pulse, start Rescue Breathing or CPR immediately.

After one minute, call 9-1-1. Return to the child and continue CPR until help arrives.