



## ABC'S OF WATER SAFETY

Drowning is the second leading cause of unintentional death for children ages 1 to 14. Practice the ABC's of water safety to keep you and your family safe in and around water.

**A - Adult Supervision.** Always watch your child around all bodies of water (pool, spa, bath tub, lake etc...) Never leave them alone!

**B - Barriers.** Install and maintain an isolation fence separating your pool and spa from the house and play yard.

**C - CPR** (cardiopulmonary resuscitation). You are your child's first responder. Knowing how to react to a drowning can make the difference between life and death. To schedule a class please call any one of the following numbers: Avra Valley Fire District 682-3255, America Red Cross 623-0541, or the American Heart Association 795-1403.

The Avra Valley Fire District also recommends "Layers of Protection" to prevent drowning incidents from occurring.

- ALWAYS know where children are. NEVER leave a child unattended in or near water in a pool, tub, lake, river, canal or even the ocean, even if lifeguards are present.
- Instruct babysitters and caregivers about potential pool hazards and emphasize the need for constant supervision of children and barriers.
- If a child is missing, always check the pool or spa first.
- Whenever infants or toddlers are in or around water, an adult should be within an arm's length, providing "touch supervision".
- ALWAYS designate a "Water Watcher" to maintain constant watch over children in or near the water. The "Water Watcher" should not talk on the phone, read, cook, clean, or engage in any other distracting activity. After fifteen minutes, a new "Water Watcher" is a sober adult who knows CPR and has basic swimming skills.
- Install "isolation fencing" which completely separates the pool or spa area from the house or other structures. An isolation fence restricts unauthorized access from neighbor's yards, other nearby buildings, and from inside the house. Isolation fencing is the preferred configuration for pool and spa protection.
- Gates to these "isolation fencing" should be self-closing and self-latching and accommodate a locking device. Gates should never be propped open. Check your gate regularly to make sure it opens
- Swimming lessons. All adults and children should learn how to swim. Even the strongest swimmer can drown.
- Do not use flotation devices as a substitute for supervision. "Water wings" or "floaties" inflatable water rings, and other pool toys are NOT safety devices. Only US Coast Guard approved life jackets are designed and tested for safety.
- Never leave 5-gallon buckets (even with a small amount of liquid) in an area accessible to children. Infants and toddlers are top-heavy and may be unable to remove themselves if they were to fall in.

Remember the Avra Valley Fire District has public CPR classes and everyone young or old can come to learn CPR. To learn more about water safety please visit the National Drowning Prevention Alliance website at [www.ndpa.org](http://www.ndpa.org) or you can also visit Safe Kids website [www.safekids.org/watersafety](http://www.safekids.org/watersafety).