

Drowning Prevention

Know the Facts

- ◆ Children age 1 and under often drown in bathtubs, buckets, and toilets.
- ◆ Children ages 1 – 4 most often drown in swimming pools, hot tubs, and spas.
- ◆ Children ages 5 –14 most often drown in swimming pools and open water, such as lakes and rivers.
- ◆ In a study of swimming pool drownings in Arizona, Florida, and California:
 - 69 percent of the accidents occurred while parents were responsible for supervision but often were doing chores, socializing, or talking on the telephone.
 - 65 percent were in a pool owned by the child's family.
 - 46 percent of the children were last seen in the house before being found in the pool. Of these, 15 percent were thought to be sleeping.

Be Prepared for Emergencies

- ◆ Always have a phone by the pool so you can call for help.
- ◆ Post 911 or your emergency medical services number.
- ◆ Keep rescue equipment, such as a life preserver and shepherd's hook, by the pool.
- ◆ Learn CPR and post procedures by the pool.

Prevent Direct Access

- ◆ Install a fence around all sides of the pool completely separate from the house and play area. The fence should be at least six feet tall. The fence gate should be self-closing and self-latching with a latch out of children's reach.
- ◆ Lock any door leading to the pool.
- ◆ Remove the ladder from an above-ground pool when the pool is not in use.
- ◆ Consider adding a motorized pool cover that meets the standards of the American Society for Testing and Materials (ASTM).

Supervise Children

- ◆ Watch your children while they are at or in the pool. Do nothing else.
- ◆ Remove all toys from the pool after use so children aren't tempted to reach for them.
- ◆ After the children are done swimming, secure the pool so they can't get back into it.

Use Alarms

- ◆ A pool guard alarm system will notify you if the gate to the pool has been opened.
- ◆ Floating pool alarms will notify you if someone has fallen into the pool. However, the alarm will not go off if a child steps down into the pool.

If a Child Is Missing

- ◆ Check the pool first.
- ◆ Go to the edge of the pool and scan the entire pool, bottom and surface.
- ◆ Check the area surrounding the pool.

To Help a Child Struggling in the Water

- ◆ Yell for help.
- ◆ Extend something long, such as a rope, tree branch, or pole.
- ◆ Throw a flotation device, such as a life jacket, kick board, or even an empty gallon jug.

- ◆ If you must enter the water to assist, take a flotation device large enough to carry two people safely. Keep the device between you and the child.

To Help an Unconscious Child in the Water

- ◆ Have someone call 911.
- ◆ Carefully lift him out of the water.
- ◆ Check breathing and heartbeat.
- ◆ Once the airway is clear, provide rescue breathing or CPR as needed.
- ◆ Even if the child seems normal when revived, see a doctor right away.

The information in this publication should not be used as a substitute for the medical care and advice of your doctor.

For more information:
US National Safety Council
(800) 557-2366, ext. 2
www.nsc.org/ehc/sunSAFE.htm

Safe USA
(888) 252-7751
www.cdc.gov/safeusa/water/water.htm

US National SAFE Kids
(202) 662-0600
www.safekids.org/fact99/drown99.htm

American Academy of Pediatrics
(847) 228-5005
www.aap.org/family/swim.htm
www.aap.org/family/tippool.htm
www.aap.org/family/tipwater.htm

Program Development Department
Kiwanis International
3636 Woodview Trace
Indianapolis, IN 46268-3196
317/875-8755 Worldwide
800/549-2647 US and Canada
317/879-0204 Fax
E-mail: service@kiwanis.org