



# Learn the ABC's of Pool Safety

California leads the nation in drownings. These needless tragedies are the leading cause of accidental injury and death in children under the age of five and the second leading cause of death in children under the age of 14. In Southern California, drowning prevention and water safety should be practiced on a year-round basis with special emphasis during the summer months. Below are the ABC's of water safety. By learning these water safety tips you and your child will learn how to prevent drownings.

## A - Adult Supervision - Assign a "Water Watcher"

- Assign an adult "water watcher" 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.
- Remove children from swimming pool/spa area for any distractions such as a telephone call or use of restroom.
- Do not rely on flotation devices. They should not be used as a substitute for adult supervision.
- Post pool address and emergency number.

## 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-detection devices. Inspect them monthly.
- Make sure all gates are self-closing, self-latching and open outward away from the pool.
- All objects that allow a child to climb up to reach the gate latch or climb over the fence should be removed or kept inside the fenced area.

## C - Classes - "CPR"

- Learn CPR, first aid and rescue techniques.
- Attain swim skills through on-going qualified instruction.
- Keep rescue equipment such as a shepherd's hook, life-saving ring and CPR sign mounted by the pool to instruct others.
- Learn proper behavior in and around the water.

## For More Information

[www.abcpoolsafety.org](http://www.abcpoolsafety.org)  
[www.usla.org](http://www.usla.org)  
[www.swimforlife.com](http://www.swimforlife.com)  
[www.choc.com](http://www.choc.com)