

10 WATER SAFETY TIPS FOR FAMILIES WITH POOLS



1

SUPERVISION IS KEY:

ALWAYS SUPERVISE CHILDREN WHEN THEY ARE IN OR AROUND THE POOL, EVEN IF THEY KNOW HOW TO SWIM. ASSIGN A DESIGNATED ADULT TO WATCH THE POOL AT ALL TIMES DURING GATHERINGS OR PLAYTIME.



TEACH SWIMMING SKILLS:

ENROLL CHILDREN IN SWIMMING LESSONS FROM AN EARLY AGE. TEACHING THEM BASIC SWIMMING SKILLS CAN SIGNIFICANTLY REDUCE THE RISK OF DROWNING.

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ESTABLISH POOL RULES:

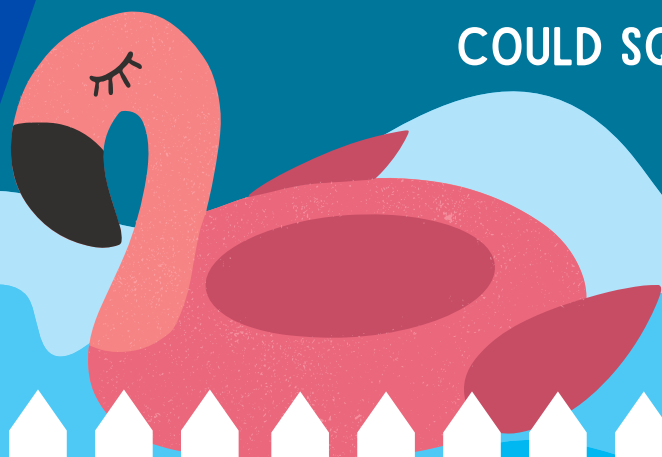
SET CLEAR RULES FOR POOL BEHAVIOR, SUCH AS NO RUNNING, NO DIVING IN SHALLOW WATER, AND NO PUSHING OTHERS INTO THE POOL.



FENCE THE POOL:

INSTALL A FENCE AROUND YOUR POOL WITH A SELF-LOCKING GATE TO PREVENT UNSUPERVISED ACCESS. MAKE SURE THE FENCE IS AT LEAST FOUR FEET HIGH AND HAS NO GAPS OR OPENINGS THAT A CHILD COULD SQUEEZE THROUGH.

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LEARN CPR:



PARENTS AND CAREGIVERS SHOULD LEARN CPR (CARDIOPULMONARY RESUSCITATION) AND BASIC FIRST AID. KNOWING THESE SKILLS CAN SAVE LIVES IN THE EVENT OF AN EMERGENCY.



USE FLOTATION DEVICES:

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ENSURE THAT CHILDREN WHO CANNOT SWIM INDEPENDENTLY WEAR APPROPRIATE FLOTATION DEVICES, SUCH AS LIFE JACKETS OR ARM FLOATS, WHENEVER THEY ARE IN OR NEAR THE POOL.



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KEEP RESCUE EQUIPMENT HANDY:

KEEP A REACHING POLE, LIFE RING, OR SHEPHERD'S HOOK NEAR THE POOL FOR EMERGENCIES. THESE TOOLS CAN HELP YOU REACH SOMEONE IN DISTRESS WITHOUT PUTTING YOURSELF IN DANGER.



AVOID ALCOHOL AND DISTRACTIONS:

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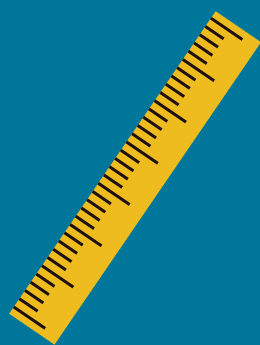
AVOID CONSUMING ALCOHOL OR BEING DISTRACTED BY ELECTRONIC DEVICES WHILE SUPERVISING CHILDREN IN THE POOL. MAINTAINING FULL ATTENTION IS CRUCIAL FOR ENSURING EVERYONE'S SAFETY.



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CHECK POOL DEPTH:

FAMILIARIZE YOURSELF WITH THE POOL'S DEPTH AND LAYOUT. MARK SHALLOW AND DEEP ENDS CLEARLY, AND ENSURE THAT CHILDREN UNDERSTAND WHERE IT IS SAFE TO SWIM AND WHERE DIVING IS PERMITTED.



BE PREPARED FOR EMERGENCIES:

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HAVE A PHONE NEARBY TO CALL FOR HELP IN CASE OF AN EMERGENCY. POST EMERGENCY NUMBERS AND CPR INSTRUCTIONS IN A VISIBLE LOCATION NEAR THE POOL.

