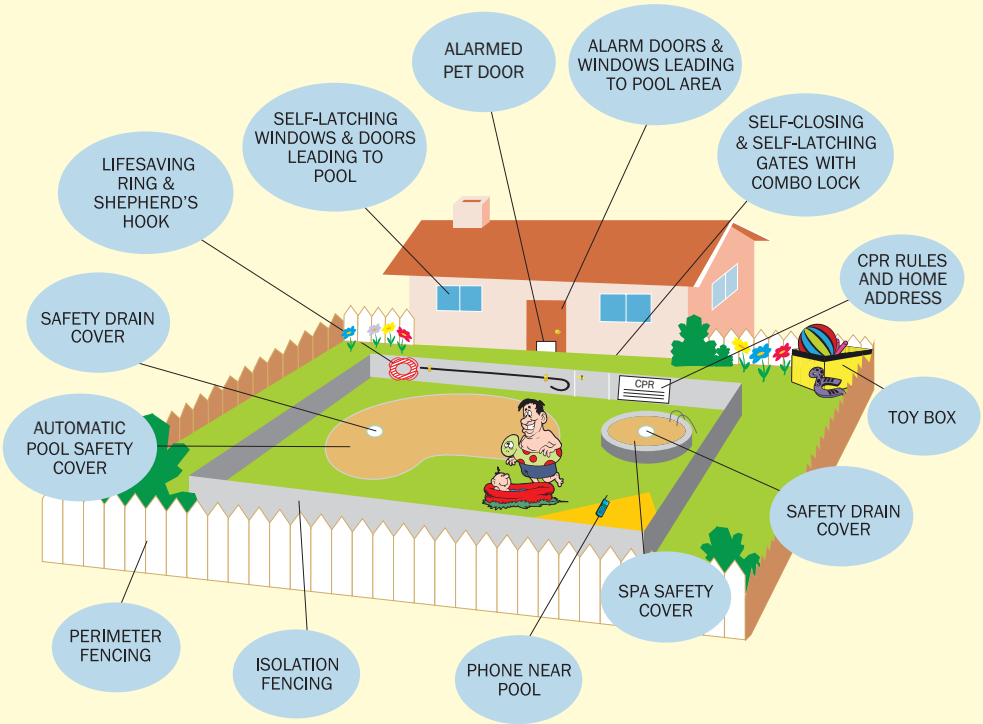


# THE A B C & D'S OF DROWNING PREVENTION



SIMPLE STEPS TO SAVE LIVES.

# > Layers of Protection



**Always call 9-1-1 first in any emergency!**

# > The A B C & D's of Drowning Prevention

**A** is for **Adult Supervision** (active supervision)

**B** is for **Barriers** (for your pool)

**C** is for **Classes** (swim lessons and CPR)

**D** is for **Devices** (life jackets, rescue tools and safety drain covers)

# > A is for Adult Supervision (Active Supervision)

**Drowning is a leading cause of unintentional death in Southern Nevada for young children.**

Constant adult supervision is essential in preventing childhood drowning. These tragedies often occur while a caregiver is at home and there is a brief lapse in supervision.

A drowning can occur in seconds, in any water which covers a child's nose and mouth, including pools, spas, inflatable pools, bathtubs, toilets, buckets or natural bodies of water.

## ACTIVE SUPERVISION IS ESSENTIAL...

- Designate an adult who can provide active supervision of children around water. Active adult supervision means:

**Standing on the long side** of the pool with toes on the edge.

**Continually scanning** the pool top and bottom, then side to side.

**Not getting distracted** by talking, reading, eating or talking on the phone.

- Teach all children to get out of the water if the supervising adult leaves the pool area.
- Young children under age 4 need an adult within arm's reach in the pool.
- Hire a certified lifeguard for all social gatherings around water.
- Maintain eye contact and remain within arm's reach of your child when in a bathtub or spa.
- Look in the pool area first if a child is missing. Seconds count!



# > B is for Barriers (For Your Pool)

**Installation and proper use of barriers or “layers of protection” is crucial.** Many victims were last seen safe inside their home.

## LAYERS OF PROTECTION...

- Perimeter fences must be non-climbable, four-sided and a minimum of 60 inches high.
- Isolation fences must separate the pool or spa from the residence with openings no more than 4 inches wide so children cannot squeeze through the spaces. They must be non-climbable and a minimum of 48 inches high, though 60 inches is recommended.



## Keep gates closed and never prop open!

- Self-closing, self-latching fence gates are required. Mount latches above the reach of small children, and ensure gates open away from pool. Contact your local building department for other specific requirements.
- Keep gates closed and never prop them open. When the pool is not in use, use combination locks on the gate so small children cannot get the key and open the gate.
- Use and lock spa safety covers that support the weight of an adult to protect spa when not in use.
- Secure and/or alarm pet doors. A crawling baby can exit through a pet door and drown in an unprotected pool.

- Power-operated pool covers provide safety and are easy to use. Solar and floating pool covers are **not** safety covers and do not provide protection. Children can slip underneath and become trapped out of sight.

Layers of protection delay a child's access to the pool.  
Remember, every second counts!



- Alarm doors and windows leading to a pool or spa to alert family members when opened.
- Lock windows and doors, which must also be self-latching. Doors leading to the pool must be self-closing.
- Secure tables, chairs and planters away from the pool fence so they cannot be used for climbing over the fence.



# > C is for Classes (Swim Lessons and CPR)

**All family members should learn to swim and know CPR (Cardiopulmonary Resuscitation).** Swim lessons are a gift for life. Swimming mastery includes the ability to perform various strokes.

## **RULES OF THE WATER...**

- Each year, enroll children in age appropriate swim lessons taught by a qualified instructor. Make sure safety instruction is a part of the swim lesson curriculum.
- For your child's safety, always enter the pool using the shallow end stairs. This example could save the life of an unsupervised child.
- Never consider children "drown-proof" or "water-safe" despite their age, swimming skills, previous lessons or water experience. This may lead to a lack of supervision or a false sense of security.
- Never swim alone, regardless of your swimming ability. Anyone can drown at any time.

## **Swim lessons, CPR classes and Calling 9-1-1 save lives!**

- Require parents, grandparents and caregivers to know CPR, rescue techniques and how to call 9-1-1.
- Keep CPR skills current. CPR skills save lives and prevent brain damage by maintaining a person's breathing/heartbeat until medical assistance arrives.





## > D is for Devices (Life Jackets, Rescue Tools and Safety Drain Covers)

**Create a safe pool environment.** Be prepared and practice lifesaving procedures prior to an emergency situation.

- At poolside, mount a lifesaving ring, shepherd's hook and CPR instructions. Make sure rescue equipment is accessible and in good repair.



**Everyone needs to wear a life jacket in or near any natural body of water!**

- A poolside phone, for emergencies only, is an essential part of a safe pool environment so you can call 9-1-1. Do not leave children unattended to answer the phone.
- Post 9-1-1 emergency number, home number and home address by the pool and at every phone.
- Install and use a toy box away from the pool. Toys in or around the pool entice children to the area. Do not use a floating chlorine dispenser that looks like a toy.
- Do not go into the water to rescue a drowning person. Make sure all active pool supervisors know reaching assist techniques.
- Insist all non-swimmers wear a life jacket in or near a pool.
- Only use life jackets approved by US Coast Guard. Floaties, flotation swimsuits and inflatable toys are not designed to be used as life jackets nor substitute for adult supervision.



# > What Everyone Must Know About Drowning Prevention

## **DROWNINGS CAN BE PREVENTED...**

- The most common drowning victim is a child 4 years of age or younger.
- The majority of drowning deaths take place in the family pool with 70 percent of the incidents occurring between 2-8 p.m.
- Contrary to what many people believe, **drowning is a quick and silent killer**. In the time it takes to:

**Get a towel** (10 seconds)—a child can become submerged.

**Answer the telephone** (2 minutes)—a submerged child can lose consciousness.

**Answer the front door** (4-6 minutes)—a submerged child can sustain permanent brain damage or die.



For more information in English and Spanish, go to [www.gethealthyclarkcounty.org/be-safe/index.php](http://www.gethealthyclarkcounty.org/be-safe/index.php)