

Pool Safety

“Children Aren’t Waterproof”

Drowning Prevention and Safety Tips

- Never leave a child alone out of eye contact supervision in or near a pool, even for a second.
- Young children should never be considered water safe despite their swimming skills, previous instruction or experience.
- Teach children good pool safety habits such as no running, pushing playmates, no jumping on others, no diving or jumping in shallow water or “dunking”.
- Do not rely solely on plastic inner tubes, inflatable arm bands or other toys to prevent accidents.
- Keep toys, particularly tricycles or wheel toys, away from the pool. A child playing with these could accidentally fall into the water.
- Do not allow anyone of any age to swim without a “spotter” nearby.
- During social gatherings, be certain that someone has the major responsibility of watching the children and swimmers at all times.
- Do not permit playful screaming for help (false alarms) which might mask a real emergency.
- Teach children the most effective way to get out of the pool quickly.
- Do not allow a child to swim immediately after eating a heavy meal.
- Do not allow swimming during thunder or other storms.
- Do not allow glass in the pool area.
- Do not allow the use of drugs or alcohol by persons using the pool or in the pool area.
- A fence, wall, or natural/artificial barrier should completely enclose all pools.
- All gates or doors with access to the pool should have a spring lock, self-closing and self-latching mechanism that protects against unauthorized entry and use.
- The inside latch on the gate should be above the reach of toddlers and young children.
- A float line stretched across a pool indicating where the deep end begins can avoid a dangerous excursion by young children into water over their heads.
- A clear view of the pool from the house should be assured by removing vegetation and other obstacles.
- Reaching and throwing aids should be kept on both sides of the pool. These should remain stationary and not be used for play activities.

Adapted from the National Spa and Pool Institute’s website at www.aloha.com/~lifeguards/poolsafe.html