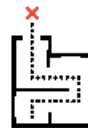


Water Safety for Parents and Guardians

- Maintain constant supervision. Watch children around any water environment (pool, stream, lake, tub, toilet, bucket of water), no matter what skills your child has acquired and no matter how shallow the water.
- Don't rely on substitutes. The use of flotation devices and inflatable toys cannot replace parental supervision. Such devices could suddenly shift position, lose air, or slip out from underneath, leaving the child in a dangerous situation.
- Enroll children in a water safety course or Learn To Swim program. Your decision to provide your child with an early aquatic experience is a gift that will have infinite rewards. These courses encourage safe practices. You can also purchase a Community Water Safety manual at your local Red Cross.
- Parents should take a CPR course. Knowing these skills can be important around the water and you will expand your capabilities in providing care for your child. You can contact your local Red Cross to enroll in a CPR for Infants and Child course.

Your local American Red Cross:

800 or 512.928.4271
mail@centex.redcross.org
www.centex.redcross.org



1 MAKE A PLAN



2 BUILD A KIT



3 GET TRAINED



4 VOLUNTEER



5 GIVE BLOOD

Water Safety Tips



American Red Cross

Know how to be safe around the water



- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim. The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a course to learn or improve your ability to swim, contact your local Red Cross chapter.

- Always swim with a buddy; never swim alone. Swim in supervised areas only.

- Know your swimming limits and stay within them. Don't try to keep up with a stronger skilled swimmer or encourage others to keep up with you.

- Obey "No Diving" signs that indicate the area is unsafe for headfirst entries. Enter feet-first into water rather than headfirst if you don't know the depth. In addition, learn the correct way to dive from a qualified instructor.

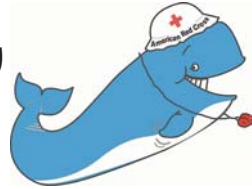
- Watch out for the "dangerous too's" -- too tired, too cold, too far from safety, too much sun, too much strenuous activity.

- Use common sense about swimming after eating. In general, you do not have to wait an hour after eating before you may safely swim. However, if you have had a large meal, it is wise to let digestion get started before doing strenuous activity such as swimming.

- Alcohol and swimming don't mix. Alcohol impairs your judgement, balance, and coordination especially in the water. It affects your swimming and diving skills and reduces your body's ability to stay warm.

- Know how to prevent, recognize and respond to emergencies. Remember CHECK-CALL-CARE: CHECK the scene to ensure it's safe and CHECK the victim, CALL 9-1-1 or your local emergency number, and CARE for the person until help arrives.

Home Pool Safety



- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim - this includes adults and children.

- If a child is missing, check the pool first. Go to the edge of the pool and scan the entire pool, bottom and surface, as well as the surrounding pool area.

- Never leave a child unobserved around water. Your eyes must be on the child at all times. Adult supervision is recommended.

- Enclose pool completely with a self locking, self closing fence with vertical bars. Openings in the fence should be no more than four inches wide. If the house is part of the barrier, the doors leading from the house to the pool should remain

locked and be protected with an alarm that produces sounds when the door is unexpectedly opened.

- Never leave furniture near the fence that would enable a child to climb over the fence.

- Keep toys away from the pool when it is not in use. Toys can attract young children into the pool.

- Always keep basic lifesaving equipment by the pool and know how to use it. Pole, rope and personal flotation devices (PFDs) are recommended.

- Pool covers should always be completely removed prior to pool use.

- Install a phone by the pool or keep a cordless phone nearby so that you can call 911 in an emergency.

- Learn Red Cross CPR and insist that babysitters, grandparents and others who care for your child know CPR.



- Post CPR instructions and 9-1-1 or your local emergency number in the pool area.

- To learn more about home pool safety, you can purchase or rent the video *Home Pool Safety: It Only Takes a Minute* from your local Red Cross chapter.