

Special Homeowners' Edition



For 36 Years, The Voice Of The Pool & Spa Service Professional

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Drowning Prevention

Dear Pool Owner,

As the person who is in your backyard every week, I have an important message for you. This is a message that somehow isn't getting out there. It's a message that I am in a unique position to help spread.

I want to talk to you about preventing drowning.

I know it's a difficult subject. I know you don't want to think about it happening to someone you know. Just thinking about it probably puts you into a panic. Just saying the word probably raises your blood pressure and gets your heart beating faster.

Maybe you never considered that I'm here for more than just to clean and maintain your pool. But as a human being, I think I have a responsibility to tell you about concerns I have about your pool safety.

I see your kids running around, playing in the yard, and I have come to care about you as my clients.

Your health and safety is important to me, and I'm here in your backyard doing everything I can think of to make sure that you have a clean, safe pool and a safe environment.

The last thing I want is to come to your pool one day and see that it's all covered up and see condolence flowers because someone is lost.

You see, as a member of the pool and spa service profession, I try to stay up-to-date and educated. I learn about all sorts of industry best practices and other service-related news. What keeps coming up is the topic of drowning prevention. I support that cause.

Did you know that drowning is the leading cause of death for children under 4 years old? Did you know that there are more than 3,500 fatal drownings in the U.S. every year?

Did you know that even when people survive drowning, 50 percent of them go on to require further medical care? A lot of these people have permanent brain damage. Did you know that in California alone, there are currently more than 700 children living in state hospitals who are brain damaged from drowning?

This isn't meant to scare you, and I certainly don't want you to close your pool!

In fact, I encourage people to swim. Swimming is great exercise, and it's a lot of fun. People naturally gravitate toward water, and I'm happy for people who have the luxury to have a backyard pool.

I'm actually thrilled for you to have that beautiful backyard oasis. And I take pride in keeping your water and equipment in great shape. I believe that part of my responsibility to you is keeping your water safe.

There are things you should know and things that you can do to create a safe pool area.

I see things that could be improved at people's pools every day.

So I hope you won't think I'm being forward if I tell you that we need to fix your gate latch. I hope you don't mind if I leave you a note reminding you to move that stack of chairs away from the fence that a child could climb over.

I tell you because I care, and I don't want to imagine walking up to your pool next week knowing something happened here.

I believe that every pool owner has a responsibility to the community, and part of that is in educating themselves about pool safety.

So please accept this newspaper as a gift from me to you. It contains great information about pool safety that could help you save the life of a loved one.



Survival swimming skills

One of the key factors in drowning prevention for all parents is teaching their children to swim.

Historically that meant waiting until children were at least four or five years old, but today, many experts advise that much younger children should be taught survival-swimming skills to make sure they are safe if they get in the water.

Although it is still thought that most children are not developmentally ready for formal swimming lessons — in which they can learn to swim well on their own — until they are at least four years old, the American Association of Pediatrics now recommends swim lessons as a layer of protection against drowning that can



begin for many children starting at age 1.

Early swim lessons teach basic survival skills, including the ability to:

- Right oneself after falling into the water.
- Proceed a short distance in the water, such as to the side of the pool.

• Float or tread water until someone can pull them out of the water.

Parents who choose this type of survival-swimming skills training — or regular swim lessons, for that matter — can find classes at their local YMCA, American Red Cross Chapter, Infant Swimming Resource Swim Schools and private swimming resource providers.

Experts consider learning survival-swimming skills to be the last layer of protection keeping kids safe. If all of the other layers break down and a child ends up in the water, then hopefully those survival-swimming skills will keep them from drowning until help arrives.



Pool safety starts with swim lessons

While it is of utmost importance to be aware of and mitigate potential hazards in and around the swimming pool environment, one of the key factors in drowning prevention for all parents is teaching their children to swim.

Historically, that means waiting until they were at least 4 or 5 years old, but today some experts advise that younger children should be taught survival-swimming skills to make sure they are safe if they get in the water.

Although it is still thought that most children are not developmentally ready for formal swimming lessons — in which they can learn to swim well on their own — until they are at least 4 years old, the American Association of Pediatrics now states that some swimming instruction may help lower the risk of drowning for younger children between the ages of 1 and 4.

While the AAP stops short of actually recommending swim lessons for all toddlers and preschoolers under 4, the group now states that parents should enroll their kids if they think that the “benefits of infant or toddler water programs outweigh any possible dangers.”

These possible dangers of early swimming lessons include the fact that it makes some parents believe that their children are drownproof, which can put kids at increased risk for drowning. There is also a concern that early swimming lessons can reduce an infant or toddler’s fear of the water, making them more likely to go near or in the water without supervision.



The American Red Cross also has an optional recommendation that “young children may optionally start swim lessons for the purpose of building aquatic readiness and water acclimation on an individual basis any time after the first or second year of life.”

These early swim lessons teach basic survival skills, including the ability to:

- **Right oneself after falling into the water.**
- **Proceed a short distance in the water, such as to the side of the pool.**
- **Float or tread water until someone can pull them out of the water.**

Parents who choose this type of survival-swimming skills training — or regular swim lessons, for that matter — can find classes at their

local YMCA, American Red Cross Chapter, and private swimming resource providers.

Learning survival-swimming skills or enrolling in a toddler aquatic program can be a good idea for some younger children, but it is certainly not the only way to keep your kids safe around the water.

The best way to prevent drowning is always to supervise children around the water, childproof your pool, and make sure they always wear a Coast Guard-approved personal flotation device when they are in or around the water.

But remember that even when every precaution is taken, accidents can happen. That is why it is best to use a “layers of protection” method to keep children safe around the water.

Using multiple types of child safety practices means that if one protective layer breaks down, then one of the other layers of protection will still be in place.

For example, if someone leaves the back door of the house open and a toddler accesses the backyard, then a fence or a safety cover is still on the job of keeping the child out of the pool.

Experts now consider learning survival-swimming skills to be the last layer of protection keeping their kids safe.

If all of the other layers break down and a child ends up in the water, then hopefully those survival-swimming skills will keep them from drowning until help arrives.



If I knew then, what I know now

When we first started gathering material for this special homeowner's edition, we realized that a most valuable message on drowning prevention, and perhaps the most wise, would come from people who have lost a loved one in a backyard swimming pool.


Unfortunately it was all too easy to find a large group of people that grows in size daily.

The group is called Families United — A collection of smaller organizations that have come together for the worst possible reason: the loss or near loss of someone they love to a water tragedy.

Families United is made up of a core of 75 people, representing 24 different organizations that promote specific aspects of water safety.



DROWNING PREVENTION CHECK LIST

- If a child is missing... CHECK THE POOL FIRST!
- If there are many people around ... NO ONE IS WATCHING THE POOL!
- If your neighbor has a pool... YOUR CHILD CAN GET IN IT!
- If you are waiting for splashing, there is no noise when a person is drowning.
- Toddler's can climb into above ground pools.
- Children crawl through doggie doors and get into pools.
- Pool covers come off and ONLY you can assure that it is on.
- Swim lessons help prevent drowning but don't come with a guarantee. 

Toddler saves himself from drowning

This amazing survival story is from a family who enrolled their child in Infant Swimming Resource (ISR) Swim Schools. Their child is alive today because of that choice.

Read what this mom, Cortney Holstege, wrote to her ISR Instructor, Michael Petrella, about her child's survival story.

Milo's Survival Story By Cortney Holstege

Milo was taught ISR at 6 months old and again at 20 months.

Two months after his first refresher was the accident.

He fell into my parents' pool May 25, 2015. Memorial Day that year will forever be etched in my head. We were having a family get together at my mom's, and outside in the backyard playing. My parents have a slide to their pool, and my husband was letting Milo go down it and then catching him before he went into the water, since the water was too cold to swim in at the time. He did this many times as Milo was having so much fun! It's something we now both regret. After a couple hours of playing, we all went in to eat and let the kids calm down.

At the time of the accident, we were all chatting inside the house when we realized Milo wasn't with us. There were six adults and four kids, except a kid was missing. We searched the entire house before realizing he



Cortney Holstege and her family.

got outside. Through six adults and a locked slider, he made it out with no one noticing.


We found him face up, floating in the deep end of the pool (10-feet deep). He was floating patiently for someone to come get him. My brother-in-law dove in to get him out of pure adrenaline. Once I got around to him, he saw me and began to cry. He was scared and shaking. But he was fine — he was alive and he was safe. He was so scared but stayed so calm until he knew he could let it out.

I look back at this picture and it does not bring me joy any longer. You see, this is the last picture we took as a family before the accident. This picture, had it not been for ISR, would be the last picture I would have ever taken of my first-born son.

This picture just makes me think of the what-ifs. What if he didn't have training? What if we paid better attention? What if I didn't sacrifice the time to bring him to ISR?

I know what the results would have been had he not had this training. I know that sinking feeling of seeing your kid in the water. Knowing they got by you and snuck out. Knowing the absolute worst that would have happened to Milo had he not been trained. He would not have been floating on his back waiting for us. This would have been the last family picture ever taken with him in it. He was 22 months old and hadn't even had time to find out what his favorite color was.

Almost four years later, and he is an amazing big brother to Logan and Dawson — who is now the same age as Milo was at the time of the accident. He loves kindergarten and is learning to ride a bike without training wheels. He plays soccer, but T-Ball is his favorite. Also, his favorite color is green! Because of ISR, we have had so many more special and memorable moments with this beautiful child.

Cortney thanks her son's ISR swim instructor from the bottom of her heart. He saved her child's life that day, and he wasn't even there. For more information about ISR Self Rescue swim lessons, visit www.infantswim.com. 

SAFE GATES HELP SAVE LIVES

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LEADING CAUSE OF
DEATH IN CHILDREN AGED

**1-4
YEARS**

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GATE/FENCE OR
HAD LEFT THE GATE
PROPPED OPEN



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Child & baby CPR from the American Red Cross

Although you hope you'll never use cardiopulmonary resuscitation (CPR) for a child or infant, it's important to know the steps so that you can help in the event of a cardiac or breathing emergency.

And although you may have taken a class in child CPR, it's a good idea to keep the steps handy so that the information stays fresh in your memory. With our printable step-by-step guide, you can access the child and baby CPR steps anytime, anywhere.

Simply print them up and place them in your car, your desk, your kitchen or with your other first aid supplies, then read over them from time to time to help maintain your skills.

Before Giving Child or Baby CPR

- Check the scene and the child.
- Make sure the scene is safe, then tap the child on the shoulder and shout "Are you OK?" to ensure that he or she needs help.
- For infants, flick the bottom of the foot to illicit a response.
- Call 911.
- If child does not respond, ask a bystander to call 911, then administer approximately 2 minutes of care.
- If you're alone with the child or infant, administer 2 minutes of care, then call 911.
- If the child or infant does respond, call

911 to report any life-threatening conditions and obtain consent to give care. Check the child from head to toe and ask questions to find out what happened.

- Open the airway.
 - With the child lying on his or her back, tilt the head back slightly and lift the chin.
 - Check for breathing.
 - Listen carefully, for no more than 10 seconds, for sounds of breathing. (Occasional gasps aren't breathing.)
 - Infants typically have periodic breathing, so changes in breathing pattern are normal.
 - Deliver 2 rescue breaths if the child or infant isn't breathing.
 - With the head tilted back slightly and the chin lifted, pinch the child's nose shut, make a complete seal by placing your mouth over the child's mouth and breathe into the child's mouth twice.
 - For infants, use your mouth to make a complete seal over the infant's mouth and nose, then blow in for one second to make the chest clearly rise.
 - Now, deliver two rescue breaths.
 - Begin CPR. If the child or baby is unresponsive to the rescue breaths, begin CPR.
- ## Performing Child & Baby CPR
- Kneel beside the child or baby.

- Push hard, push fast.
- For children, place the heel of one hand on the center of the chest, then place the heel of the other hand on top of the first hand, and lace your fingers together.
- Deliver 30 quick compressions that are each about 2 inches deep.
- For infants, use 2 fingers to deliver 30 quick compressions that are each about 1.5 inches deep.
- Give 2 rescue breaths.
- Keep going.

Continue these baby or child CPR steps until you see obvious signs of life, such as steady breathing, or until an automated external defibrillator (AED) is ready to use, another trained responder or EMS professional is available to take over, you're too exhausted to continue, or the scene becomes unsafe.

To see the child and baby CPR steps performed, watch the Red Cross child and infant CPR videos. For online, in person, and blended training courses on child, infant and adult CPR, visit [redcross.org](https://www.redcross.org).



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CDC Rates

- There is an average of 3,536 fatal unintentional drownings (non-boating related) in the United States every year.

- Drowning is the leading cause of unintentional injury death among children aged 1–4 years.

- Drowning is the second leading cause of unintentional injury death among children 5–9 years.

- More than 60% of fatal drownings of 0–4 year-olds occur in swimming pools.

- For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries.

- More than 50% of drowning victims treated in emergency departments require hospitalization

or transfer for further care (compared with a hospitalization rate of about 6% for all unintentional injuries).

These nonfatal drowning injuries can cause severe brain damage that may result in long-term disabilities such as memory problems, learning disabilities and permanent loss of basic functioning (e.g., permanent vegetative state).

- Nearly 80% of people who die from drowning are male.

- African American children ages 5 to 19 drown in swimming pools at rates 5.5 times higher than those of whites.

This disparity is greatest among those 11-12 years, where African Americans drown in swimming pools at rates 10 times those of whites.



IN THE MAIL ...

Pool Service Professional & Homeowner comment on safety awareness

Dear Editor,

I am a pool owner and its upkeep is done by Joe Moccia of Bluetopia Pool Service in Malabar, Florida.

In last month's invoice, Joe was kind enough to insert an article that came from the "Not On My Watch" section, published 8/15/2015.

It was in regard to pool safety and responsible pool ownership.

I want to take this opportunity to thank both you and Joe for a very timely article.

I think I am a responsible pool owner, but everybody needs a reminder of just how quickly tragedy can strike.

Thank you for printing all the things we should already know.

We pool owners get complacent and it is a great service to receive a gentle reminder once in awhile.

Thank you.

Jan Clampffer,
Melbourne, Florida

Dear Editor:

I would like to thank you for emailing an article that I had asked for from the SIN archives, regarding pool safety, which was included in the 'Not On My Watch' section, published August 15th, 2015. I would also respectfully ask, if possible, that you republish annually, for the benefit of those that are new to the biz, or may have missed it.

I believe this hard hitting list of warnings should be required reading for every pool owner; and why I am distributing it to everyone on my client list this spring.

I also consider this straightforward, no nonsense piece to be a timely reality check, now that swimming season is underway in Florida, and will be using it as an opportunity to educate my customers, to ensure that a preventable tragedy does not happen on my watch.

Joe Moccia

Bluetopia Pool Service
Malabar, Florida



Not all pool covers are safety covers

There are pool covers, and then there are safety pool covers.

Pool covers are designed for a variety of purposes: they can keep debris out, they can keep the heat in, or they can help prevent evaporation.

But safety pool covers are a class unto themselves, and should not be confused with the others. A safety cover shields the entire pool surface and is secured flush with the deck.

These covers are designed to prevent unsupervised access to a pool or spa when it is not in use.

To be considered a safety cover, it must meet the American Society for Testing Materials or ASTM Standard F 1346-91.

This standard has detailed specifications to which the cover must abide including:



All pool covers pictured above are available from Pool Covers Inc. poolcoversinc.com.

- The material of the safety cover itself must not be harmful to health.
- The materials must be durable for application.
- The cover should be fabricated according to generally accepted, good manufacturing practices.
- Detailed installation instructions must be provided and attached to the cover, unless installed by the manufacturer.

The cover must be labeled with the following:

- The manufacturer's name, the date manufactured and installed, instructions to the consumer for preliminary inspection, and multiple specific warning labels with specific color, font style, case and size, as well as placement requirements.
- The cover must include a life expectancy label.

- The attachment or fastening mechanism of the cover must be sufficiently difficult to prohibit children under 5 years old from removing and or operating.

- The cover must be designed so that the opening between the cover and the top of the pool restricts passage.

- The cover must be strong enough to prevent the forced opening of a specific test object.

- For pools with a diameter of greater than 8 feet, the cover can sustain a static load of no less than 485 lbs to permit a rescue operation.

- The cover must be constructed or have an auxiliary system in place that will drain all standing water from the cover within 30 minutes of the cessation of rainfall.



Swimming Pool Safety Pool Covers, Inc.

Saving Lives, Water and Energy in Your Backyard Since 1984

As summer approaches there are two things at the forefront of most homeowners' minds: swimming pool safety and energy conservation.

With the significant number of drowning deaths that occur in unattended swimming pools each year as well as rising energy costs, safety swimming pool and spa covers as well as safety fencing offer protection and peace of mind to homeowners with children and pets.

A company specializing in cutting-edge swimming pool safety products offers a wide range of benefits from child

safety to water conservation and ease of maintenance.

Safety swimming pool covers provide security while minimizing maintenance costs and time. Acting as a barrier against leaves, insects, and other debris, pool covers allow homeowners to spend less time skimming and more time swimming.

Safety covers also offer the perfect solution to homes struggling with how to cut back when faced with rising energy costs. Daytime water temperature increases as much as 10 to 15 degrees and nighttime heat loss is reduced by up to 90%, which of-

fers significant savings on your heating bill. And with reduced water evaporation comes less chemical evaporation, which means chlorine can last as long as two weeks.

Many homeowners wrongly assume that having a unique pool shape means it will have to remain uncovered.

Whether your pool is a classic rectangle, a curvaceous kidney shape, or offers a breathtaking view from an infinity edge, choose from a variety of top-of-the-line automatic, semi-automatic, and manual pool covers to suit your needs.

If automatic options aren't feasible for your particular pool, you can still reap the benefits of a pool cover with manual styles that snap directly onto the surrounding deck. And if a manual cover doesn't apply, a full line of safety fencing provides the added protection you need to create a safety zone around your pool without detracting from the beauty of your backyard.

For more information and a free in-home consultation, you can call Pool Covers, Inc., serving Northern Ca, at 707-864-6674. Visit online at www.poolcoversinc.com

Covers

There are pool covers, and there are safety pool covers.

Pool covers are designed for a variety of purposes: they can keep debris out, they can keep the heat in, or they can help prevent evaporation.

But safety pool covers are a class unto themselves, and should not be confused with the others.

A safety cover shields the entire pool surface and is secured flush with the deck.

These covers are designed to prevent unsupervised access to a pool or spa when it is not in use.

To be considered a safety cover, it must meet the American Society for Testing Materials ASTM Standard F 1346-91. This standard has detailed specifications to which the cover must abide including:

- The cover's material must not be harmful to health.
- The materials must be durable for application.
- The cover should be fabricated according to generally accepted, good manufacturing practices
- Detailed installation instructions must be provided and attached to the cover.
- The cover must be labeled with the following: The manufacturer's name, the date manufactured and installed, instructions to the consumer for preliminary inspection, and multiple specific warning labels with specific color, font style, case and size, as well as placement requirements.
- The cover must include a life expectancy label.
- The cover's fastening mechanism must be difficult to keep children under 5 years old from removing.
- The cover must be designed so that the opening between the cover and the top of the pool will restrict the passage and strong enough to prevent the forced opening of a specific test object.
- For pools with a diameter of greater than 8 feet, the cover can sustain a static load of no less than 485 lbs to permit a rescue operation.
- The cover must be constructed or have an auxiliary system in place that will drain all standing water from the cover within 30 minutes after rainfall.

Drains

As pool owners prepare for the swimming season, they may be unaware of hazards that exist in their pools.

It is called suction entrapment, and it occurs when a body is held against a pool or spa drain by the force of the pool's suction or when an article of clothing, jewelry, hair or a limb is caught in a faulty drain.

One of the most important factors in keeping children and adults safe from entrapment incidents in pools and spas is to install anti-entrapment or safety drain covers that are compliant with the Pool & Spa Safety Act.

The P&S Safety Act is one of the few federal laws applying to swimming pools, and is only enforced in public pools.

The law was inspired by an entrapment incident that took the life of 7-year-old Virginia Graeme Baker, the granddaughter of former Secretary of State James Baker III.

In June 2002, Graeme became stuck to a hot tub drain and was unable to pull herself free. Efforts by her mother to pull Graeme from the drain proved unsuccessful. Two men who eventually freed Graeme from the spa pulled so hard that the drain cover broke from the force. Graeme died from drowning, but the real cause of her death was suction entrapment due to a bad drain cover.

After her death, her mother, Nancy Baker, worked tirelessly to advocate for pool and spa safety. Mrs. Baker, her family and Safe Kids Worldwide actively lobbied Congress to win support for a law to require anti-entrapment drain covers and other safety devices, as needed. The statute was sponsored by U.S. Rep. Debbie Wasserman Schultz of Florida and signed into law by President George W. Bush in December 2007.

The law mandates that drains in public and hotel pools and hot tubs be covered with larger, rounded covers that do not create suction, and that there is a back-up mechanical system installed in drains to prevent suction in those pools that have a single main drain.

The importance of replacing and protecting non-conformant drains cannot be overstated.

Ask your pool and spa service professional if your pool's drain cover meets the guidelines of the P&S Safety Act.

Electricity

Most people are aware that water and electricity don't mix, but a surprising number of electricity-related accidents happen in swimming pools every year.

To our knowledge, the most recent fatal incident occurred in September 2020. 15-year-old Khaleel Marcos Reynolds was electrocuted after he touched wires from an interior pool light at the North Villa Inn swimming pool in Houston, Texas. According to authorities, the pool's interior light had been removed, exposing the wires.

According to Stephen Little, a licensed electrician and pool contractor in the area with more than 16 years of experience, pools fail electrical safety inspections frequently.

Little recently conducted 60 GFCI inspections in the Palm Springs, Calif. area, and all 60 failed the test. Two of the pools didn't have ground fault circuit interrupters at all, and he was forced to cut off power to the pools.

Little said that most inspections fail due to an improper type of circuit breaker, allowing another appliance to be plugged into the same circuit as the pool. The GFCI used for pool lights should not have a plug attachment.

But there are other reasons that electrical safety inspections fail, and Little recommends that pool owners get inspections on their pools electrical work twice a year.

"Lights are required by National Electric Code to be grounded and bonded, and that is one of the primary things that should be inspected at least twice a year — that the grounding is intact, the bonding is intact and the GFI is present and working," Little said. If the GFCI is working properly, it should shut the power off to the pool if there is a problem. Electrical inspections by qualified and licensed professionals can save lives. This is particularly important on older pools, where some of the wiring may have come loose or become corroded.

According to the U.S. Consumer Product Safety Commission, the biggest concerns are faulty underwater lighting; aging electrical wiring that hasn't been inspected; or the use of electrical appliances that are not grounded.

Ask your pool and spa service professional to arrange an electrical inspection today.



Layers of protection

The Consumer Product Safety Commission advises pool owners to use layers of protection to prevent drowning in swimming pools and spas.

These layers include a barrier or fence, at least 4-feet tall with self-closing, self-latching gates, a pool and spa cover, and an alarm system that can notify adults of unwanted intrusion into the pool area.

All pools should be totally surrounded by a 4-sided fence. For residential pools, in most cases the house itself should not be considered one of the four sides, unless the doors and windows are secured with locks and alarms that warn of unwanted pool area entry.

The locks and alarms on the doors and windows should be placed high, such that a small child cannot reach them, even with the assistance of a chair. The doors and windows should also be of the self-closing and self-locking variety.

The barriers themselves can be made from a variety of materials (again, subject to local ordinances), although mesh fences are among the most popular. Mesh fences are a popular

Pool Drain Covers



choice because they are rust-free, transparent, custom-design friendly, and removable.

An additional layer of protection can be achieved by using pool and spa safety covers. It is important to note that not all pool covers are safety covers. A true safety cover carries an ASTM label, signaling that the cover conforms to national standards.

A further layer of protection includes alarms that warn of entry into the pool area or pool itself.

There are several types of alarms. Experts recommend that homeowners install alarms at all windows, doors and pool entrances. There is also a "perimeter awareness sensor," a device that detects motion in the pool area and sounds an alarm. This kind of alarm will

warn of unwanted intrusion into the pool area, but not into the pool itself.

There are also two kinds of alarms that are actually inside the pool that can detect unauthorized entry into the pool.

Wristband sensors are also available to alarm of child intrusions into pools, but they rely on the fact that the child is actually wearing the wristband to begin with. When the sensor in the wristband becomes wet, a remote alarm is activated, warning the parent that the wristband has been exposed to water.

The National Drowning Prevention Alliance stresses that no single device or solution can prevent child drownings. That means multiple strategies should be used simultaneously at all times.

In addition to physical layers of protection, there are also layers of protection that can help minimize injury, such as teaching children to swim, learning proper rescue technique, and knowing CPR.

And remember: No matter what safety system is in use, there is no substitute for absolute adult supervision any time a child is near a pool.



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Did you know you could...

Did you know that you can have a free private CPR party at your house? You've heard of Tupperware parties and skincare parties, but this is a party that can save lives!

Did you know that you can learn Cardio Pulmonary Resuscitation (CPR) from the comfort of your home for \$45 with the Adult & Child CPR Anytime® KIT? The American Heart Association's (AHA) Adult & Child CPR Anytime Kit contains everything you need to learn the lifesaving skills of CPR, use of an Automated External Defibrillator (AED), and choking relief in about 20 minutes. CPR Anytime allows you to learn in the comfort and privacy of your home or workplace. Plus, CPR Anytime is completely portable, so it is easy to share with family and friends. CPR Anytime kits also can be used to train small groups and community organizations.

Did you know that you can organize water safety classes where your child attends day care or school. Schedule Josh the Baby Otter classroom readings for children pre-K through 2nd grade. The story of Josh the Otter captivates children as they learn a life saving message. After the book is read, a surprise guest comes to visit...Josh the Otter! Children run to him with hugs, and then everyone sings along to the "Learn to Float" song that accompanies the book. The program concludes with the children reciting



the Josh the Otter Water Safety Pledge. Parents and educators can learn more at joshtheotter.org.

Did you know that the American Academy of Pediatrics endorses swim lessons for children as young as 1. Families United members also support water training resources that educate children on how to swim, float and be safe around water. Swim lessons can provide an additional layer of protection around water.

These classes are not designed to replace constant adult supervision of children when around water, and they are only the first step in the future education of "swimming" lessons for children as they grow older.

- Float for life is a nationwide program developed through partnership with the Joshua Collingsworth Memorial Foundation. Courses

teach children 9 months to toddlers to float on their back, kick to and then grab the side of the pool's edge. For more information, go to www.float4life.com.

- Goldfish Swim schools, located mostly in the northeastern states, offers swim lessons for children from 3 months to 12 years of age. Goldfish offers a free course, Bubbles' Babies, designed for newborns between 3 and 6 months.

Did you know you can hire a lifeguard for your pool party? There are many national lifeguard companies that will come and help ensure the safety of your pool party to provide parents with a little extra peace of mind.

It is easy to become distracted when there are a lot of people in and around the pool.

Hosts giving parties can be sidetracked from supervision duties, preparing food and drink, socializing, and answering the door.

You want everyone to have fun, but you know that drownings happen even in the midst of a crowded pool.

In fact, a crowded pool is more difficult to monitor. That's where a professional lifeguard comes in handy. Having a trained and alert individual watching out for those in the water can mean the difference between life and death.



Beware of these common misconceptions

#1. My children can swim so it's OK if they are in the pool without me REALLY watching.

Not really...

While your child might be a great swimmer, anyone can drown.

It is hard to believe but a few years ago, two Navy Seals died while swimming and they could have swum circles around your kid and we don't even know your kid!

#2. We don't have children and therefore we don't need a fence or a gate around our pool and no one can get in.

Not really ...

Aside from the fact that some cities require fencing and or gates, there are more and more cases where children manage to get into other people's pools.

Last year, 9% of the children who drowned, drowned in a neighbor's pool or spa.

Stop and consider different ways how many ways a child can find to get into a pool; through the doggie door, over the fence, under the fence, through the garage; with a ladder.

Homeowners without kids do not believe that they should incorporate common safety measures for their pools, such as fences, covers, or alarms and parents without pools do not teach because they don't have kids and many parents who don't have or use pools don't teach their children to swim.

As a parent, it is reasonable for you to know which houses have pools in your neighborhood. You can get the information you need from the city planning office.

#3. When kids are in our pool we are always around.

Ah no. Try again...

Watching a child while in a pool means doing nothing other than watching.

If you are doing other things while 'watching' your child, then you might as well not be there.

Last year, 8% of the drownings happened in the midst of a large gathering, such as a party, family reunion, or other function where many others were present.

If anyone is truly paying attention then that means no distractions.

This means no talking with someone next to you, no talking on the phone and especially no drinking alcohol.

#4. My child only swims when there is a lifeguard or someone is watching.

Many children were reported to have drowned in a hotel or motel pool, or at a backyard swimming party where some parents assume the presence of a lifeguard or other supervision.

It is always better to watch your own child in a pool.

#5. I am a very careful parent and children are safer in my pool than anywhere else in the neighborhood.

Well, maybe you are but it turns out that the average pool owner is more likely to see a death in their house than someone that has no pool but a loaded gun. In the year 2000 there were 11,000 privately owned pools and 550 children under the age of 10 died in them. Yet during the same year from a population of 200 million privately owned guns, 175 children under 10 years of age died accidentally.

A pool is a wonderful thing to have in our lives but it must be treated with caution.

Safeguard where you can, teach your children to swim, never assume anyone else is watching your child and perhaps most importantly, remember that anyone can drown.



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