

To Help Prevent Water-Related Injuries:

Some very simple and low cost steps can promote fun AND safe water recreation.



- **Supervision when in or around the Water.** Designate a responsible adult to watch young children while in the bath and all children swimming or playing in or around water.
 - **Buddy System.** Always swim with a buddy. Select swimming sites that have lifeguards whenever possible.
 - **Seizure Disorder Safety.** If you or a family member has a seizure disorder, provide one-on-one supervision around water, including swimming pools. Consider taking showers rather than using a bath tub for bathing.
 - **Learn to Swim.** Participation in formal swimming lessons can reduce the risk of drowning by 88% among children aged 1 to 4 years. However, even when children have had formal swimming lessons, constant, careful supervision when children are in the water, and barriers, such as pool fencing, to prevent unsupervised access are necessary.
-
- **Learn Cardiopulmonary Resuscitation (CPR).** In the time it might take for paramedics to arrive, your CPR skills could make a difference in someone's life.
 - **Use Personal Flotation Devices.** PFDs or life jackets should be used by all bathers who can not swim.
 - **Avoid Alcohol.** Avoid drinking alcohol before or during swimming, boating, or water skiing. Do not drink alcohol while supervising children.

If you have a swimming pool at home:

- **Four-Sided Fencing.** Install a four-sided pool fence that completely separates the house and play area of the yard from the pool area. The fence should be at least 6 feet high (required by Evansville code.) Use self-closing and self-latching gates that open outward with latches that are out of reach of children.
- **Keep Exterior Doors Leading to the Pool Area Locked.** Also add an alarm which sounds when the door is opened.
- **Use a Pool Alarm.** The device will sound when the water is disturbed.
- **Clear the Pool and Deck of Toys.** Remove floats, balls and other toys from the pool and surrounding area immediately after use so children are not tempted to enter the pool area unsupervised.
- **Instruct babysitters** about potential pool hazards to young children and about the use of protective devices, such as door alarms and latches. Emphasize the need for constant supervision.
- **If a child is missing**, check the pool first. Seconds count in preventing death or disability. Go to the edge of the pool and scan the entire pool, bottom and surface, as well as the pool area
- **Keep rescue equipment** by the pool. A rescue buoy and reaching pole should be within reach in the pool enclosure. Be sure a telephone is poolside with emergency numbers posted nearby.

If you are in or around natural bodies of water:

- **Know the local weather conditions and forecast** before swimming or boating. Strong winds and thunderstorms with lightning strikes are dangerous.
- **Use U.S. Coast Guard approved life jackets when boating**, regardless of distance to be traveled, size of boat, or swimming ability of boaters.
- **Alcohol and water do not mix.**
- **Do not dive into murky or cloudy water.** Be sure of the depth.