The ABC’s of Swimming Pool Safety

Swimming pools are pretty much the greatest things in the world, but they do come with a lot of responsibility. The following 4 layers of protection will help keep your pool safe, so you can enjoy your beautiful backyard!

A. Adult Supervision

- Avoid texting or social networking
  - Checking facilities for 20 sec can be long enough for a child to drown.
- Do not consume alcohol while on duty
  - Alcohol lowers reaction times, which prevents effective supervision.
- Assign a tag or whistle for the adult on duty
  - These help identify which adult is on duty, so there is no confusion.

B. Barrier Pool Fence

- Pool fencing should be at least 4-5 feet tall
  - Metal should be at least 2 inches thick enough to ensure your pool meets your local regulations.
- Fiberglass posts are strong and will not become bent
  - In the event of a break in the fence, you want posts that will hold up.
- Choose lock-in-deck posts for added safety
  - Posts that lock in the ground are safer and help prevent children from lifting the posts out.

C. CPR Training Class

- Drowning only takes a few seconds, so learn CPR
  - Thisiquer CPR to prevent the need for CPR training
- Stay up to date with the latest CPR techniques
  - Results from training pools are constantly studied in order to save more lives.
- Find local classes through the American Red Cross
  - Go to heart.org/redcross to learn about classes offered.

D. Swimming Lessons

- Swimming is a fun way to be active and healthy
  - Learning to swim early is a great way to help prevent childhood obesity.
- Most drownings occur in home swimming pools
  - Check the temperature of your local pool to see if it is the right temperature.
- American Red Cross offers lessons for all ages, so there is no excuse!

Approximately 75% of child drownings occur because of a lapse of adult supervision of less than five minutes.

A barrier fence separating a pool from the home reduces a child’s risk of drowning 83% compared to a property line fence.

70% of Americans may feel helpless to act during a cardiac emergency because they either do not know CPR or their training has significantly lapsed.

70% of children can swim by age 4.

88% of formal swimming lessons can reduce the risk of drowning by as much as 88% among young children ages 1-4 years old.

Sources:
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