

## Other Drowning Prevention Tips:

- ◆ Swimming lessons should never be relied on in place of adult supervision.
- ◆ Never dive in less than 9 feet of water
- ◆ Do not rely on water wings or other inflatable water aides to save your child. They should only be used with an adult present and in water no deeper than waist high.
- ◆ Never swim alone, always in two's or more. Children need constant and active supervision. **Remember:**

**SECONDS  
COUNT!  
SUPERVISION  
SAVES!**

- ◆ Assure that children do not submerge themselves in a hot tub where their hair or clothing can become "sucked" up against the intake system.
- ◆ Learn and review CPR techniques.

Remember, the Water Watcher system is only as good as those responsible to use it as it was intended. We hope we have raised your awareness to the drowning risks that are associated with swimming pools. We hope that you will take your responsibility as a WATER WATCHER seriously. Together, we can help keep the kids of our community safe.

Splash Into Safety and Remember:

**SECONDS  
COUNT!  
SUPERVISION  
SAVES!**

**SECONDS  
COUNT!  
SUPERVISION  
SAVES!**



**SAFE  
K:DS**  
GRAND FORKS

**Altru**<sup>®</sup>  
HEALTH SYSTEM

**Drownings can occur in SECONDS  
and most children who drown  
had been out of site for  
less than 5 minutes.**

Active supervision saves children from needless drownings. This hotel, along with Safe Kids Grand Forks is pleased to present this information and the Water Watcher Program. We hope that if you have children, you will read this information and check the pool for Water Watcher cards. These cards are designed to remind the adults that they are the person assigned to watch the children in their care.  
**Remember:**

**SECONDS  
COUNT!  
SUPERVISION  
SAVES!**

**About Water Watchers:**

- ◆ On your hotel room's bathroom mirror, you will find a reminder about participating in the Water Watcher Program. Remember to never let your children leave the room unattended, especially if they are going toward the pool.
- ◆ Near the pool, a basket exists near the Water Watcher sign; it contains Water Watcher reminder cards. These are designed to be carried or worn by of the adult person in charge of supervising the children in your care.  
**Remember:**

**SECONDS  
COUNT!  
SUPERVISION  
SAVES!**

**SAFE  
K:DS  
GRAND FORKS**



- ◆ If at any time you need to leave the pool area or cannot provide active supervision at all times, please pass the Water Watcher card and the responsibility off to another trusted adult.
- ◆ Assure that all children in your care are in your direct line of vision at all times when IN and AROUND the pool.
- ◆ If a child is missing, always look in the pool and the surrounding area first. Seconds count in preventing death or disability.
- ◆ Be aware of items/toys left in the pool that may be attractive to your children.
- ◆ Remember that alcohol can limit your ability to pay attention to tasks at hand. Please use discretion when serving as the Water Watcher.
- ◆ Take note of where the emergency rescue equipment is located at the pool so that in an emergency, you are familiar with the location of it.
- ◆ If you encounter an emergency situation and need assistance while at the pool pick up the phone and call 911.

