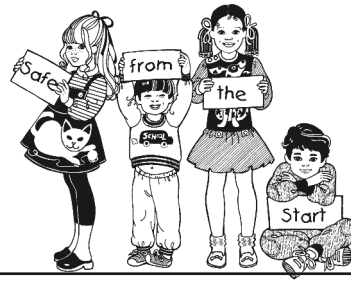


should not be used in substitution of adult supervision.

- Pool safety covers, door alarms on exit doors leading to the pool and pool motion detectors are additional layers of protection that should be implemented.
- Teach children to never go into the water to help someone in distress. Instead, use the "Reach, Throw, Don't Go" method and call for help.
- Remove all toys, in or near the pool area that could attract children.
- Don't leave tables or chairs near the pool fence as they may tempt children to climb over.
- If a child is missing, always look in the pool or spa first.



For more information contact
Safe Kids Grand Forks

c/o Altru Health System
P.O. Box 6002
Grand Forks, ND 58206-6002

Coordinator: Carma Hanson
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Email: safekids@altru.org

www.safekidsgf.com
or
www.safekids.org



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Preventing injuries:
at home,
at school,
at play,
and on the way.

Water Safety Home Water Safety Pool & Spa

We Believe

Every kid has the right to grow up safe, healthy and free from injury.



Deaths and Injuries

Drowning is the second leading cause of accidental injury-related death to children ages 14 and under, taking nearly 1,000 lives each year.

For every child who drowns, four more are hospitalized for near-drowning; for every hospital admission, approximately four are treated in hospital emergency rooms.

Most drownings and near-drownings occur in residential swimming pools. More than half of these drownings take place in the child's home pool, one-third occur at the homes of friends, neighbors or relatives.

- The majority of children who survive are discovered within 2 minutes of submersion (92%) and most children who die are found after 10 minutes (86%).
- Drownings are a silent killer. Most children who drown are not heard, even as they fall into the water. They simply slip beneath the water and stay under. That is why it is so important to supervise visually and not depend on hearing a child in distress in the water.
- According to a national study of drowning-related incidents involving children, a parent or caregiver claimed to be supervising the child in nearly 9 out of 10 child drowning-related deaths.
- Drownings can occur in a matter of seconds and in as little as 1" of water.
- Children need active adult supervision in and around water AT ALL TIMES. Active supervision does not include reading, visiting, resting or other distracting activities.
- Children in or near water should be in an area where you can see, hear and reach them at all times.
- Adults and children over age 13 should learn CPR.
- Lifeguards are not a substitution for parent/guardian supervision of children.

Safety Tips: Home Water Safety

- Children can drown in as little as one inch of water and therefore are at risk of drowning in many sources of water in or around the home. Survey your home to check for these potential danger sources such as:
 - Mop buckets
 - Wading pool
 - Flower pots
 - Pet bowls
- Empty these immediately after use and store them upside down so they do not collect water.
- Never leave a child unsupervised in a bathtub, even for a second. Take a cordless phone with you or let the phone ring while the child is in the bathtub.
- Never count on a baby bath ring or bath seat to prevent a child from tipping over in the water.
- Before you begin bathing, make sure all supplies are within an arm's reach.
- Keep toilet lids down and the door closed. Toilet locks are also available for purchase to provide further protection.
- Keep utility room doors closed when not in use.
- Don't ask a sibling to watch a younger child in water. Only adults should supervise.
- Toddlers are especially prone to drowning as they are curious and explore water sources and can tumble in head first. They do not, however, have the developmental ability to save themselves.

**SECONDS
COUNT!
SUPERVISION
SAVES!**

Safety Tips: Pools & Spas

- Never leave a child unsupervised in or around the water. Active adult supervision is the single most effective way to prevent drownings.
- Designate an adult to supervise children at all times when in the water. If the designated water watcher needs to leave the area or participate in distracting tasks, assign a new water watcher or have the children leave the area.
- Install 4-sided isolation fencing at least 4 feet high and equipped with self-latching gates that completely surround pools or spas.
- Safety latches should be placed up high and out of children's reach.
- With an above ground pool, remove steps and ladders when the pool is not being used. Lock them away securely.
- Do not let water stand on pool covers. Remember children can drown in as little as 1" of water.
- Be aware of people in your neighborhood who may have above ground pools. There are no regulations that require fencing around this type of pool so there may be none in place.
- Teach children to never swim alone. Adults and children alike should use a buddy system when swimming.
- Enroll children in swimming lessons taught by qualified instructors when they are ready. Swim lessons should never take the place of adult supervision.
- Keep rescue equipment, a telephone and emergency numbers by the pool.
- Never dive in water less than 9 feet.
- Teach children to keep their body and hair away from pool drains. (Sometimes the suction is so strong that long hair or body parts get sucked up against the drain and hold the child under water.)
- Floatation devices such as water wings and water toys are not approved flotation devices. They