

# INFANT SWIMMING RESOURCE

## POOL SAFETY



### #1 EFFECTIVE SUPERVISION

- Supervision is the first, and most critical line of defense to prevent drowning.
- Segment Supervision by designating a specific period of time to devote your complete and undivided attention to your child who is around the water (15 min.) - Don't answer the phone, don't read and don't talk to other adults - give your child 100% of your attention
- Designate one parent as the Water Watcher so there are never questions about which adult is responsible for watching the child



*Please be cautious of the curiosity and fun doggy doors can be for young children.*

### Permanent Fence

- Permanent 4-sided pool fence with a self-locking gate
- Periodically shake-test every part of your pool fence
- Do not allow your child to play on and/or climb the fence
- Remove patio furniture that may be pushed or pulled and used as a ladder

### Pool Water

- Aim jets and in-floor jets to the shallow end of the pool
- Keep the water level at the uppermost point
- Waterfalls in pool areas create a noise level that may compete with a cry for help

### Phone

- Never answer your phone during Segmented Supervision
- Carry a cell phone with you at all times to call 911 in an emergency
- Have an outside pool phone designated for emergencies only
- Have your address printed out next to your outdoor phone for emergency situations

### Pool Toys

- Outdoor toys should be stored in an area that is isolated from the pool deck
- Keep your pool deck clean and clear
- Pool tools are not pool toys

### Alarms

- Make sure all doors leading to the pool are locked and alarmed
- Alarms should indicate that someone is in the pool area or has opened/closed a door or gate, or trying to climb the fence

### Educate Others

- Friends and family may not understand the importance of keeping gates closed, doors locked, closing toilet seats, emptying buckets, etc.
- Visiting family, holiday parties and celebrations can lead to breakdowns in routine supervision and effective barriers to the water
- If a child is missing, look for him or her in the pool or spa first

### Drain Entrapments are a **SERIOUS** danger. Please make sure your children:

- Do not play or swim near drains or suction outlets especially in spas and shallow pools
- Never enter a pool or spa that has a loose, broken or missing drain cover
- If you see a broken or loose drain cover, immediately notify a lifeguard or pool/spa manager
- Children's public wading pools, other pools designed specifically for young children and in-ground spas that have flat drain grates and single main drain systems pose the greatest risk of entrapment

Information provided by: [www.PoolSafely.gov](http://www.PoolSafely.gov)

# INFANT SWIMMING RESOURCE



## HOT TUB SAFETY

**SPAS,  
JACUZZIS AND  
HOT TUBS CAN  
BE  
PARTICULARLY  
ENTICING TO  
YOUNG CHILDREN**

**THINK OF IT  
FROM YOUR  
CHILD'S  
PERSPECTIVE...  
BUBBLES, JETS  
AND WARM  
WATER = FUN!**

### Water Temperature

- To prevent dehydration, or heat-related illness, keeping the water temperature below 100 degrees Fahrenheit is safer for small children
- Always check the temperature first with your hand before entering

### Limit Play Time

- Limit your child's playtime in the water to less than 10 minutes
- If your child's face turns red, has nausea or dizziness, take the child out of the water immediately and apply cold water to the forehead with a saturated towel

### Jets & Bubbles

- Keep the jets off, the currents that can be created by the jets can be particularly strong, and are very dangerous for a young child

- Bubbles in a hot tub drastically reduce visibility and make the water too interesting for little ones to want to investigate further

### Covers & Locks

- When the spa or hot tub is not in use, secure it with a hard top cover with a latch that locks

### Hot Tub Controls

- Find a way to prevent children from manipulating the controls for the hot tub. Once they find out how to activate the jets, they will, whether you are there or not.



*Remember, drowning is a silent epidemic.  
A child will slip into a pool or spa without a sound or a splash.*

### Install VGB-Compliant Drain Covers

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 P&SS Act.

Drain entrapments are frequently the result of a swimmer's body, hair, limbs or clothing becoming entangled in a faulty or flat drain or grate. The best defense against entrapments is to prevent them before they happen by installing federally-compliant drain covers. Inspect your drain cover regularly to make sure it's not broken and is not missing.

For a full list of manufacturers of the VGB-compliant products visit [www.PoolSafely.gov](http://www.PoolSafely.gov)



# INFANT SWIMMING RESOURCE

## BATH TUB SAFETY



### CHILDREN SEE BATH TIME AS AN EXCITING ADVENTURE

*After pools, more children drown in bathtubs than in any other product in and around the home.*

### Supervision

- Never leave your child alone in the bathtub
- Don't answer the phone, the door or get a towel -- if you need to leave take your child with you
- Watch your child from the moment they get in the tub till the moment they get out and dry off
- Don't leave a baby or toddler in a bathtub under the care of another young child

### Check the Water First

- Always, always check the temperature first, particularly when you are at a hotel or visiting and giving your child a bath in a different tub
- Even bath tub water can cause scalding burns

### Electrical Appliances

- Make sure your tub area is clear of electronic appliances. Hair dryers are responsible for several electrocutions a year
- Unplug items that are not in use

### No Slip Strips

- Place 'no slip' strips to the bottom of the tub and regularly used areas in the bathroom as little bodies slip and fall easily on wet surfaces
- Add a "no slip" slip bath mat outside of the tub to prevent accidental falls from water being splashed out of the tub

### Phone

- Take a portable phone with you into the bathroom. Use it for emergency calls only during bath time

### Bath Toys

- Do not allow any small tub toys or parts of toys that could be swallowed or choked on

### Baby Seats

- Baby bath seats are not a substitute for supervision. A bath seat is a bathing aid, not a safety device.

*Information provided by the Consumer Product Safety Commission - [www.cpsc.gov](http://www.cpsc.gov)*

**CPR** - If an emergency happens, it is essential parents and families are prepared. The American Red Cross recommends individuals know CPR before they administer the procedure in an emergency situation. Learn to perform CPR on children and adults and remember to update those skills regularly.

CPR courses are available in local communities through public and nonprofit groups such as the American Red Cross and the American Heart Association.

Adding as many proven water safety steps as possible is the best way to assure a safe and fun experience, because you can never know which one might save a child's life—until it does.

Information provided by: [www.PoolSafely.gov](http://www.PoolSafely.gov)



# INFANT SWIMMING RESOURCE

## BOAT & LAKE SAFETY



### Supervision

- Lakes and rivers can be especially dangerous because of their dark and sometimes fast-moving water, therefore effective supervision of your child anytime he is around the dock, river or lake is especially critical

### Safety Tools

- Have a rope and throw ring on your boat or dock such that these can be used in a moment's notice

### Bow Riding

- Do not allow small children to ride in the front of the boat while the boat is moving, uncontrollable wake can propel a child from the boat

### Towing

- When towing children and/or adults in pairs, use the rule when one falls, everyone falls. You never know when someone might be injured in the water

### Everyone Onboard

- Account for everyone who should be on the boat BEFORE you start the engine

### Cell Phone

- Always remember to bring a phone on the boat and place it in a designated spot. If you have to go into the water to rescue someone, will you remember to take it out of your pocket first?

### LIFE JACKETS

If your family owns a boat, or you enjoy boating with others, there are several special precautions that need to be taken.

- Coast Guard regulations require that children always wear a life jacket on a boat
- Test Your Life Jacket -- please be aware that many life jackets will float your child in a face down position -- so test your life jacket before going out on the water

### Keeping it safe around the DOCK

If you have a dock on or near your property take special precautions:

1. Paint or tape a brightly colored 'do not cross' line on that dock at least 2-3 feet from the edge of the dock, and teach your child that they should never cross that line without a parent
2. Dock pylons are often covered in algae or barnacles and it can be impossible to hold on if they fall in the water. Instead install a PVC piping on the pylons of the dock so there is something for your child to hold onto if he/she falls into the water
3. Keep your dock well illuminated
4. Remove submerged debris from around the dock
5. Make periodic hive, nest and habitat checks for ants, wasps, bees, snakes, spiders, etc. Getting stung on the dock can be more dangerous than being stung near home
6. Install an alarm or horn on your dock. Teach the sound of it to your neighbors and learn theirs too.
7. Never ignore a dog barking on a dock
8. Keep old fishing lines, unused ropes and other discarded items free from under the dock. Getting tangled in these is like trying to swim through a drift net



# INFANT SWIMMING RESOURCE

## BEACH SAFETY



### IT'S IMPORTANT TO REMAIN WITHIN 10 FEET OF YOUR CHILD AT THE BEACH

- Waves, currents and undertows can happen in an instant
- Keep in mind that if your child is standing in 12-18 inches of water, a two-foot wave will bring the water completely over his/her head.
- Make sure your child remains in only knee depth water



### Beach Bathing Suit

- When you are at the beach make sure your child is dressed in bright colors, so he/she is easier to spot in a crowd of people
- Designate a specific colored "beach bathing suit," take a picture of you child wearing it and bring the picture with you to the beach
- If you child is ever lost you can show others exactly what your child looks like and the what he/she is wearing

### Cell Phone

- You cell phone is important at the beach
- Protect it from the salt and sand by putting it in a plastic bag
- Store the number of the central life guard station in your phone

### Know Your Location

- Know your location points at the beach, there are not street numbers in the sand

### Life Guard Tower

- When you first arrive at the beach, locate the guard tower and set up near it.
- Check with the guard on duty about existing condition such as rip currents, run outs, jelly fish, etc.
- Introduce your child to the guard

### Rip Currents

- If your child is caught in a rip current, instruct him/her to not panic and swim parallel to the shore until the current releases him/her

*Let your ISR Instructor know if you are going to the beach so that certain skills that are of greater benefit in rapidly moving, turbulent water can be stabilized or practiced more during lessons.*

### Sun Protection is Important for Everyone - Specifically Little Ones

- Apply a minimum of SPF 15 water-proof sunscreen 30 minutes before going out in the sun. Reapply every 45 minutes
- A hat and UV-protection sunglasses are essential. Polarized glasses allow for better visibility and less eye fatigue for supervisors.
- The sun's rays are strongest between 10 a.m. and 2 p.m.
- Remember, you can get sunburned even on cloudy days

# INFANT SWIMMING RESOURCE

## REFRESHER LESSONS



*As your child continues to grow their survival skills will need to grow with them.*

Because children are always growing and learning new skills, your child's abilities in the water will change from year to year -- and sometimes from month to month.

Remember that swimming is a **sensori-motor skill**. Similar to riding a bike or roller-skating, your child will not 'forget' what he or she learned, but may outgrow the body that learned these skills due to height and weight changes.

### What are Refresher Lessons?

- A condensed version of your child's initial lessons
- Last between 1-2 weeks, although the exact number will vary on how much your child has grown since the last lesson
- Focus on teaching your child to perform the same skills in their 'new' body

If your child has just learned to roll-back-to-float, it is important they learn to swim-float-swim to safety after they learn to walk.

*If at any time you see something problematic, don't let it go. Advise your ISR Instructor of the issue because most likely the problem will not fix itself.*

Please speak to your Instructor regarding the lesson progression plan for maintenance and/or Refresher Lessons.

