



Water Safety

RBWO Minimum Standard 1.20

Child Welfare Policy 14.1

Tips for Keeping Children Safe around Water

Water Safety Tips and Resources

- Designate a “WATER WATCHER.” This person should not be reading or texting. They should never take their eyes off the children. Adults should take turns having a person watching at all time.
- Even if your child can swim, vigilance is needed. A child can slip and fall, get tired or play a dangerous water game such as “hold your breath.”
- Learn to swim and teach your children to swim. Swimming lessons can protect against drowning. Go to www.usaswimmingfoundation.org and type in your ZIP code to find free and low-cost swim lessons close to you.
- Even children who’ve had lessons must be carefully supervised. Barriers such as pool fencing, help prevent unsupervised access.
- Learn CPR. In the time it takes for paramedics to arrive, your CPR skills can save a life.
- Talk to your children about water safety. Children should be taught to never go into the water without a parent or guardian.
- Air-filled or foam toys are not safety devices. Don’t use water wings, noodles, or inner-tubes instead of life jackets. These toys are not designed to keep swimmers safe.
- Drowning can happen quickly and quietly. You might expect a drowning person to splash or yell for help. Sometimes, people slip quietly beneath the water.
- Avoid the “everyone is watching, no-one is watching scenario.” Family and friends gathered at a back-yard barbeque and pool party. Adults assume everyone is watching the kids, but no-one is watching.
- Keep children away from pool drains, pipes and other openings. Drains should be covered with federally approved covers to avoid suction entrapment.
- Install pool fences. More than half of all drownings involving young children can be prevented by four- sided fences, according to the Centers for Disease Control and Prevention. Fences should be at least 4 feet high and have self-closing, self-latching gates that open outward. The latches should be out of a child’s reach.

Water Safety Resources:

- The Centers for Disease Control and Prevention: www.cdc.gov/HomeandRecreationalSafety/Water-Safety/
- Georgia Department of Public Health: <http://dph.georgia.gov/pools>
- National Drowning Prevention Alliance: <http://ndps.org/>

Reminder ABC's of Water Safety

- ABC's of Water Safety
- Adult Supervision
- Barriers to Water
- Classes for Swimming and CPR