

Drowning Prevention Tips

Drowning is the second leading cause of injury death among children. Many drownings occur swiftly, silently, and without notice.

At Home

- Infants and young children can drown in as little as 2 inches of water.
- Never leave a baby, toddler, or special needs child alone in the bathroom.
- Keep all buckets empty and out of reach of children.
- Babysitters should not be expected to bathe babies or young children.

In Yard

- Keep buckets and garbage cans covered.
- Empty the wading pool when its use is not supervised.
- Have a self-closing, self-locking barrier, at least six feet high, surrounding pool and spa areas.
- Chairs or tables should never be left near a pool or spa fence because they can be used for climbing.
- Provide a barrier and/or alarm between a house and pool.

In and Near Water

- Inflatable water toys should not be used as life jackets; they are not reliable.
- No matter how capable, children of all ages need supervision around the water.
- Insist that life jackets be worn in or near the water, including on docks, or in boats or inner tubes.
- At social gatherings, take turns being “designated adults” to supervise children near the water. Teach children not to swim or play around water without adult supervision.
- Swim classes do not replace adult supervision.
- Teach your child to wait for permission before getting into the water.
- Assist lifeguards in supervising your child at the pool.
- Enforce and model all water safety rules.
- Insist on the BUDDY SYSTEM in or near the water.
- Water must be at least 10-12 feet deep for safe jumping and diving.
- Never allow alcohol use around water.
- Keep away from suction drain covers in spas, hot tubs, and pools.
- Nothing replaces constant supervision.

Know What to Do in an Emergency

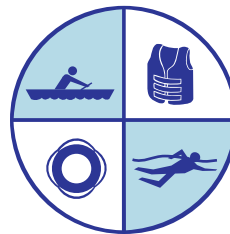
- Have an emergency plan and practice it regularly.
- Learn adult, child, and infant cardiopulmonary resuscitation (CPR).
- Always have a phone by the pool with the 911 emergency number.
- Keep easily accessible rescue equipment both at the pool and on the boat.

On a Boat

- Everyone on board a boat or rubber raft should wear a properly fitted and securely fastened life jacket.
- Canoes and skiffs are easily tipped. Go to shore when changing places in small boats to avoid such dangers.
- If you own a boat or rubber raft, consider taking a boating safety class.
- Keep boat and safety equipment in good repair. Check them on a regular basis.
- Have and practice emergency plans.

Alcohol and Drugs

- Alcohol and drugs can be lethal around water. An intoxicated body cannot respond well in an emergency involving diving, swimming, or boating. Being intoxicated alters the sense of direction, creating a problem when trying to find the surface if thrown from a boat.



**Inland Northwest
Drowning Prevention
Coalition**