Children Drown
Without a Sound!
Know the ABC’s of Pool Safety!

A – Adult Supervision
Assign a “Water Watcher”
• Assign an adult “water watcher” who can swim to specifically watch the water.
• Designate an adult to supervise the children in and around the pool/spa area especially during social gatherings.
• Never leave children in or around a pool unattended...not even for one second.
• Take the children out of and away from the swimming pool/spa area for any distractions, such as a telephone call or to use the restroom.
• Do not rely on flotation devices. They should not be used as a substitute for Adult Supervision.
• Post pool address and an emergency number, including 9-1-1!

B – Barriers
• Install and maintain proper fencing around the pool to isolate your swimming area from the home and play area.
• Use multiple layers of protection such as safety covers, gate alarms, door alarms, and motion detectors on devices. Inspect them monthly.
• Make sure all gates are self-closing, self-latching and open outward away from the pool.
• Take away all objects that allow a child to climb up to reach the gate latch or climb over the fence.

C – Classes (“CPR”)
• Learn CPR, first aid, and rescue techniques.
• Learn swim skills through on-going qualified instruction.
• Keep rescue equipment such as a shepherd’s hook, life-saving ring, and CPR instructions mounted by the pool to assist potential rescuers.
• Find out and understand the proper behavior in and around the water. Teach children the same behaviors.

What To Do If A Child Falls Into A Pool!
• Yell for help and check the scene to make sure that you can safely help the child.
• Get the child out of the pool and onto the pool deck.
• Check for consciousness by tapping and shouting, “are you okay?”
• If someone is with you, have them call 9-1-1. Determine if the child is breathing, tilt the head back, if you don’t hear or feel breathing or see the chest rising, give two (2) Rescue Breaths, then check for a pulse.
• Begin Rescue Breathing or CPR immediately and continue until emergency help arrives.
• If you are alone and the child is not breathing and/or does not have a pulse, start Rescue Breathing or CPR immediately.

After one minute, call 9-1-1. Return to the child and continue CPR until help arrives.