



Layers of safety to prevent drowning/near-drowning in swimming pools and hot tubs

- 1) Use Active Supervision -- a responsible adult should focus on kids who are in – or near – the water. Active Supervision means NOT using a cell phone, reading a book, or closing eyes for sunbathing.
- 2) When a group of people gathers in the pool area, assign at least one adult with Active Supervision. Adults may rotate this responsibility. Remember, when everyone is watching – no one is watching.
- 3) An adult should be an arm's reach away from pre-school aged kids. Do not leave children in the care of older siblings while swimming.
- 4) Teach your kids to swim – starting at age 4. Adults should know how to swim too.
- 5) The American Red Cross recommends that inexperienced swimmers wear life jackets in swimming pools. Parents must use active supervision even when children are wearing life jackets.
- 6) Do not rely on water wings or other devices.
- 7) Learn CPR.
- 8) Keep safety equipment near swimming pools such as a shepherd's hook and a telephone to call for help, if needed.
- 9) Check drain covers and learn about drain cover safety.
- 10) Maintain needed fencing, alarms, and barriers around swimming pools.
- 11) Swim in areas with lifeguards on duty for added safety. However, do not rely on lifeguards to watch your children.