

Swim Waco

The A B C & D's of Water Safety

Layers of Protection

A is for: **Adult Supervision**

- “Never ever swim alone” #1 Water safety rule. Even good swimmers should swim with a BUDDY
- Always WATCH your swimmers, especially at a public pool! Even if they know how to swim. Even in the BATHTUB
- Watch kids IN and AROUND the pool, bathtub, lake, etc. Kids can drown in just a couple inches of water.
- Keep toddlers within arm's reach when in the water. Don't rely on flotation devices.
- Hire a certified lifeguard for pool parties whenever kids are present.
- Tragedies often occur when a caregiver is at home and there is a lapse of supervision.
- If someone needs help in the pool: Reach, throw, row *then* go

B is for: **Barriers (for your pool) & Boundaries**

Barriers: First line of defense is to install and use “Layers of Protection”.

- Perimeter fences (backyard fence, etc.)
- Isolation fences (pool fences)

*** Gates must be kept closed and never propped open***

- RESOURCES:
 - Pool Safety Gate Fence and Covers: Sam Brown: (979) 412-7788
 - Protect-A-Child Pool Fencing: Ron West: (903) 910-9157
 - Regular fences: Jose Bocanegra: (254) 349-2887
 - Pool safety covers: Lake Air Pool Supply (254) 754-4551
- Doors, windows, gates must be locked, self-closing, and self-latching.
- Tables/chairs/planters must be moved away from the pool.
- Floating toys, balls, sinking toys left in the pool are enticing. So put toys away after each swim!
- Think about friend's houses with pools, grandparents. Are they vigilant water watchers? Do they have barriers in place?

Boundaries: Teach your child healthy boundaries around water.

- Teach kids to always ASK even before they TOUCH the water.
- Have a family CODE that means they can get in and you are ready to supervise - make it silly or go simple like eye contact and saying “Yes ____ (name), you may get in the water.”
- If you give warnings for breaking boundaries, they will come to expect warnings. Explain the expectation and then find a logical consequence that you can enforce. Enforce it the first time the

boundary is broken. Let the consequence do the teaching and not lectures. (We think *Parenting with Love and Logic* is a great resource that will help you create and enforce boundaries around the pool and many other parenting tools.)

C is for: **Classes** (Swim Lessons and CPR)

- Enroll your children in proven swimming lessons until they have mastered the 4 competitive strokes, treading water, sidestroke, and floating. We think a swimmer is “safe” when they can swim 300 yds, tread water and float independently.
- CPR skills have saved lives and prevented brain damage until assistance arrives. Learn CPR and require all caregivers to learn as well.

D is for: **Devices** (lifejackets, poles, ring buoy, rescue tube, first aid kit, and cell phone)

- In open water (ocean, lake), children and non-swimmers should always wear a lifejacket but even adults and good swimmers should wear a lifejacket, if going out more than just a foot or two into the water. Especially when the bottom cannot be seen, you are jumping in anywhere, there are current, or the potential for a quick change of depth. Open water is unpredictable, so make it a habit for all people to wear lifejackets in open water. Drowning rates skyrocket at age 13, because of open water. For every 1 child that drowns in a pool, five adults or teens drown in open water. So set the example by wearing a lifejacket and require your teens to do the same!
- Keep a cell phone by the pool whenever you are there. But DO NOT get distracted by your phone!! Make the water a SCREEN FREE ZONE.
- Post your address by the pool.
- Teach your children what to do in an emergency: how to call 911, learn your home address, what neighbors’ houses to run to, how to get out of the fence
- Download a weather app that has a lightning detector (Weatherbug, accuweather, lightning) so you know when to get out of the water. Get out when lightning is 8-10 miles away.

Drownings can be prevented. Contrary to what most people believe, drowning is a quick and silent killer. In the time it takes to get a towel (10 seconds) a child can become submerged. The majority of drownings occur in the family pool.

Swim Kids Waco Notes

The A B C & D's of Water Safety Layers of Protection

A is for: **Adult Supervision**

- “Never ever swim alone” #1 Water safety rule
- Always WATCH your swimmers, especially at a public pool! Even if they know how to swim. **Even in the bath**
- Keep toddlers within arm's reach when in the water. Don't rely on flotation devices.
- Hire a certified lifeguard for pool parties whenever kids are present. **Designate “water watchers”**
- Tragedies often occur when a caregiver is at home and there is a lapse of supervision.
- If someone needs help in the pool: Reach, throw, row *then* go

B is for: **Barriers (for your pool) & Boundaries**

Barriers: First line of defense is to install and use “Layers of Protection”. **Top lock or alarm**

- Perimeter fences (backyard fence, etc.)
- Isolation fences (pool fences)

*** Gates must be kept closed and never propped open***

- RESOURCES:
 - Pool Safety Gate Fence and Covers: Sam Brown: (979) 412-7788
 - Protect-A-Child Pool Fencing: Ron West: (903) 910-9157
 - Regular fences: Jose Bocanegra: (254) 349-2887
 - Pool safety covers: Lake Air Pool Supply (254) 754-4551
- Doors, windows, gates must be locked, self-closing, and self-latching.
- Tables/chairs/planters must be moved away from the pool.
- Floating toys, balls, sinking toys left in the pool are enticing. So put toys away after each swim!
- Think about friend's houses with pools, grandparents. Are they vigilant water watchers? Do they have barriers in place?

Boundaries: Teach your child healthy boundaries around water.

- Always ask even before they TOUCH the water.
- Have a family code that means they can get in - make it silly or go simple like looking in the eyes and saying “Yes _____(name), you may get in the water” **Give opportunities to practice**
- If you give warnings for breaking boundaries, they will come to expect warnings. Find a logical consequence that you can enforce and enforce it the first time the boundary is broken. Let the

consequence do the teaching and not lectures. (We think *Parenting with Love and Logic* is a great resource that will help you create and enforce boundaries around the pool and many other parenting tools.) **Parents share examples with each other**

C is for: **Classes** (Swim Lessons and CPR)

- Enroll your children in proven swimming lessons until they have mastered the 4 competitive strokes, treading water, sidestroke, and floating. We think a swimmer is “safe” when they can swim 300 yds, tread water and float independently. **One day they will be teens/adults swimming @ camp, ocean or lake without you**
- CPR skills have saved lives and prevented brain damage until assistance arrives. Learn CPR and require all caregivers to learn as well.

D is for: **Devices** (poles, ring buoy, rescue tube, first aid kit, and cell phone)

- Keep a cell phone by the pool whenever you are there.
- Post your address by the pool. **Post emergency #s**
- Teach your children what to do in an emergency: how to call 911/**open phone**, learn your home address, what neighbors’ houses to run to, how to get out of the fence **Woods**
- Download a weather app that has a lightening detector (Weatherbug, accuweather, lightning) so you know when to get out of the water. Get out when lightning is 8-10 miles away.
- In open water (ocean, lake), children and non-swimmers should wear a lifejacket.

Drownings can be prevented. Contrary to what most people believe, drowning is a quick and silent killer. In the time it takes to get a towel (10 seconds) a child can become submerged. The majority of drownings occur in the family pool.

swimkidswaco.com