

# Water SMART Kids



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[www.swimlpb.com](http://www.swimlpb.com)

# Message to Parents

## Welcome

The American Academy of Pediatrics (AAP) accepts that children ages 1–4 may be less likely to drown if they have had formal swimming instruction. There is new evidence that children who have been introduced to water safety programs may stand a much better chance of survival in the event of a water incident.

La Petite Baleen Swim Schools has developed this guide to support your efforts in keeping your children safe. Your involvement is the most important factor in helping you prevent, prepare for and cope with emergencies. The resources contained in this guide will provide you with useful tools to help make your children water safe and Water S.M.A.R.T. (Safety Methods and Rescue Techniques).

Please take a few moments to review this guide, including the information about CPR training and safety equipment.

**Note: Drowning prevention education is not 100% effective. This booklet is designed to help reduce the risk associated with drowning injuries and death.**



Drowning Prevention Through Education

# Do You Know the Facts?\*

- Drowning is the leading cause of unintentional injury deaths for children ages 1–4 and the second leading cause of unintentional injury deaths for children 1–14 years of age.
- Most drownings happen in residential pools.
- Most infants under the age of 1 drown in a toilet, sink, bathtub or bucket with as little as 2 inches of water.
- For every child who drowns, four others are hospitalized for near drowning, and as many as three suffer permanent brain damage.
- Typical medical costs for a near-drowning victim can range from \$75,000 for initial emergency room treatment to \$180,000 a year for long-term care. Near drowning that results in brain damage can ultimately cost more than \$4.5 million.
- Supervision without distraction is the key to help prevent drownings; swimming skills are also beneficial.
- 9 out of 10 drowning deaths happen when a caregiver is supervising but not paying attention.

\*Source NY State Department of Health (2007), Centers for Disease Control and Prevention, Safe Kids U.S.A.

## Around the Pool

- Remember, lifeguards should be considered an extra set of eyes... no one will watch your child as closely as YOU...especially at pool parties where adults are often easily distracted.
- Wear a “Water Watcher” bracelet or necklace as a physical reminder of who is in charge of watching the water. A simple rubber band around the wrist or a fun Hawaiian lei can do the trick. When the water watcher needs a break, they must find a replacement and “pass the baton” to another responsible adult.



# Safety Checklist

Children should never be left unattended in or near a pool or any body of water, *not even for a minute.*

Drowning is a silent event. Don't assume you will hear a child who is in trouble in the water.

Here are some tips to help keep children safer:

- \_\_\_ Assign an adult water watcher or Certified Lifeguard.
- \_\_\_ Teach children how to swim and basic swim safety instructions (such as getting to the edge of the pool and hanging on).
- \_\_\_ Teach all caregivers Infant, Child/Adult CPR, First Aid and Water Rescue Techniques.
- \_\_\_ Have a telephone and emergency action plan by the pool.
- \_\_\_ Post emergency 9-1-1 and CPR signs.
- \_\_\_ Have rescue equipment on hand: Personal Flotation Devices (PDFs), Life Ring, Shepherd's hook. 
- \_\_\_ Install proper 4-sided isolation fencing.
- \_\_\_ Use self-closing and self-latching gates, gate alarms, door alarms and motion detecting devices.
- \_\_\_ Install child-proof doors and locks 54" high on interior doors.
- \_\_\_ Install toilet seat locks (infant and toddler).
- \_\_\_ Empty buckets, wading pools, sinks and bathtubs of standing water.
- \_\_\_ Have a safety cover for your spa or whirlpool.



# What To Do if a Child Falls into a Pool

- 1 Yell for help** and check the scene to make sure that you can safely help the child.
- 2 Get the child out** of the pool and onto the pool deck.
- 3 Check for consciousness:** tap and shout, "Are you OK?"
- 4 If someone is with you, have them immediately call 9-1-1.** If the child has no normal breathing then begin CPR and continue until emergency help arrives.
- 5 If you are alone** and the child has no normal breathing, then begin CPR. After one minute call 9-1-1. Return to the child and continue CPR until emergency help arrives.

—American Red Cross

## Different Bodies of Water

- Standing Water** is water that does not move. Some of these bodies of water can be colder (or warmer) than what you are accustomed to. Some of them may be darker, deeper or shallower. It's important to discuss depth, clarity and temperature with your child before swimming in them. Examples of standing bodies of water include:
  - Lakes
  - Swimming Pools and Hot Tubs
  - Ponds
- Moving Water** can be the most dangerous body of water. In addition to temperature, depth and clarity differences, moving water adds the element of power. Discuss how waves and currents work and how to stay in a safe zone. Be especially aware of the possibility of rogue waves at the beach. Life jackets are always recommended when swimming in moving bodies of water. Examples include:
  - Beach/Ocean
  - Rivers, creeks and streams
  - Whirlpool bathtubs and hot tubs



# CPR REFERENCE CHART

CPR is as easy as

# C-A-B



## Compressions

Push hard and fast on the center of the victim's chest  
30 Chest Compressions.



## Airway

Tilt the victim's head back and lift the chin to open the airway



## Breathing

Give mouth-to-mouth rescue breaths  
Deliver 2 breaths.

American Heart Association



*Learn and Live*

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## CPR Reference

Immediately phone 911 and begin CPR

For victims younger than age 8, administer 1 minute of CPR before calling 911.

	Infants Up to Age 1	Children Age 1 to 8	Adults Age 8 and older
<b>Rescue breathing:</b> Has circulation signs; perform rescue breathing only	1 breath every 3 seconds	1 breath every 3 seconds	1 breath every 5 seconds
<b>Compression landmark</b> Has no circulation signs; perform rescue breathing and compressions	One finger width below nipple line	Center of chest between nipples	Center of chest between nipples
<b>Method</b>	Two fingers	Heel of one hand	Heel of one hand, with other hand on top
<b>Rate per minute</b>	100	100	100
<b>Depth</b>	1/3 to 1/2 depth of chest	1/3 to 1/2 depth of chest	1-1/2 to 2 inches
<b>Ratio of compressions to breath</b>	30:2	30:2	30:2

# Travel Tips

- When renting a vacation home/condo, ask about whether the swimming pool has a gate or safety feature before booking.
- Discuss what types of water your child will be swimming in (lakes, rivers, etc.).
- Remember that children may not swim quite as well on vacation as they do in lessons (colder water, deeper/darker water, etc.).
- Always wear life jackets when rafting or boating.



## Fun in the Sun

### SUN PROTECTION TIPS

- S** Shade: seek shade when possible
- U** Umbrella or wide brim hat: to protect face, ears and neck
- N** Notice the time: minimize direct sun from 10am-4pm
- S** Swimwear: wear swim shirts with UPF of 50 or more
- A** Apply sunscreen: minimum SPF 15 30 minutes prior to swimming
- F** Frequent reapplication: every 1-2 hours and after swimming
- E** Eyes: wear proper UV sun glasses



# Hello from La Petite Baleen Swim Schools

Established in 1979, La Petite Baleen is recognized throughout the swimming world as the leader in creating an aquatic classroom. With locations in Half Moon Bay, San Bruno, San Francisco, and Atherton, La Petite Baleen specializes in swim lessons for all ages from infants to adults.

**Call or go online to register for your free trial lesson today!**

**866-896-3603**

**Check us out at [www.swimlpb.com](http://www.swimlpb.com)**



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