

Pool Safety

Whether summer is coming, or a winter vacation takes you somewhere warm, here are some important tips for a safe, enjoyable time around the pool.

- Never leave children alone in or near the pool. Not even for a moment!
- Make sure adults watching young children in the pool know CPR and can rescue a child if necessary.
- Surround your pool - on all four sides - with a sturdy five-foot fence. Keep in mind that your home is not an adequate barrier if children can open a door without assistance.
- Make sure the gates self-close and self-latch at a height children can't reach.
- Keep rescue equipment such as a shepherd's hook (a long pole with a hook on the end) and life preserver, as well as a telephone near the pool.
- Avoid inflatable swimming aids such as "floaties". They are not a substitute for approved life vests and can give children a false sense of security.
- Children are not developmentally ready for swim lessons until after their fourth birthday. Swim programs for children under 4 should not be seen as a way to decrease the risk of drowning. They can be a fun activity for parents and children, but they do not "drown-proof" a child.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length, providing "touch supervision".
- It can be fun to hold your toddler in the pool with you. But keep in mind that they are much more sensitive to cold than older children or adults. Keep these episodes brief, and be sure to dry your small child completely after getting out.
- And please remember: Sunscreen, sunscreen, sunscreen!