

# PRESS RELEASE



**For Immediate Release**  
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**Headline:** *The Do's and Don'ts of Water Safety*

**Example Subhead:** *There is NO Substitute for Supervision in Water Safety*

## DID YOU KNOW?

- Drowning is defined as death by suffocation after submersion in a liquid medium. Near drowning is a term used when a person recovers, at least temporarily, from a drowning event.
  - A child can drown in the time it takes to answer the phone. U.S. Consumer Product Safety Commission (CPSC).
  - The Consumer Product Safety Commission recommends using layers of protection. This includes constant supervision of young children; placing barriers, such as a fence with a Self-closing, self-latching gate around your pool to prevent access; and being prepared in case of an emergency
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With the summer months upon us and water activities near we need to prepare ourselves and our children to be safe around bodies of water. Please take a look at the DO's and DON'Ts of water safety to keep our children safe this summer.

## **DO**

- Teach children water safety and swimming skills as early as possible.
- Teach yourself water safety/rescue and swimming skills.
- Appoint a "designated-water watcher" to monitor children during social gatherings at/or near bodies of water.
- Always brief babysitters on water safety, emphasizing the need for constant supervision.
- Keep rescue equipment accessible at pool side and post CPR instructions.
- Invest in layers of protection for backyard pools such as: installing doors and windows that exit to a pool area with alarms and fencing with self-closing latches.
- Maintain constant visual contact with children in a pool or pool area.
- Install a poolside phone, preferably a fully charged cordless model, with emergency numbers programmed into the speed dial.
- If a child is missing, check all sources of water near home first; seconds count in preventing death or disability.
- Always require all children and adults who are unable to swim to wear a USCG-approved life jacket
- Be knowledgeable on basic emergency rescue techniques
- Ensure children always wear a life jacket when boating AND set a good example by also wearing one yourself!

## **DON'T**

- Don't rely on swimming lessons, life preservers or other equipment to make a child "water safe." There is no substitute for supervision.
- Don't ever leave a child alone in a body of water (bathtub, pool, etc.), 2 seconds is too long, let the phone ring.
- Don't allow children to push playmates, jump on others, "dunk" one another, dive or jump in shallow water.
- Don't leave objects such as toys that might attract a child in the pool or pool area.
- Don't use flotation devices as a substitute for supervision.
- Never prop the gate to a pool area open.
- Never assume someone else is watching a child in a pool area.
- Don't leave chairs or other items of furniture where a child could use them to climb into a fenced pool area.
- Don't think you'll hear a child who is in trouble in the water; drowning is a silent death, with no splashing to alert anyone that there is trouble.
- Don't use ANY flotation device that is not approved by the U.S.C.G.

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