

Summer Swimming Child Safety Checklist

Swimming can be a fun and healthy activity for your children during the summer months. However, on average each year more than 830 children ages 14 and under die as a result of accidental drowning. 3,600 injuries occur to children due to a near-drowning incident. Drowning is the second leading cause of accidental death among children ages 1 to 4 and 10 to 14 years old. Parents must take extra caution with children involved in water activities.

Swimming Safety

- I Always supervise my child when they are playing in water. I Never take my eyes off of them or do activities that distract my attention like reading books or chatting on the phone.
- I never rely solely on a lifeguard. I am always within an immediate distance to rescue my child.
- I have made sure my child has received proper swim lessons and aquatic training. I encourage my child to continue to practice what he have learned.
- I do not allow ruff housing or dangerous play when my child is in the water.
- I am always aware of the water depth and make sure my child can safely stand with his head fully emerged out of the water.
- If diving is allowed, I never let my child dive in water less than nine feet deep

Pool Area Safety

- I always keep a mobile or cordless telephone near the pool.
- I keep all doors leading to the pool from the house locked at all times.
- There is a five foot fence that completely surrounds the pool with self-latching/self-locking mechanisms out of my child's reach.
- I do not keep toys, pets, or other temptations near the pool.

Medical Safety

- I always have the proper medical supplies readily available within the pool area.
- I have learned basic medical techniques such as CPR for both children and adults.