INJURY PREVENTION SERVICES
RIVERSIDE COUNTY DEPARTMENT OF PUBLIC HEALTH

Riverside County
Community Health Agency
Department of **Public Health**

FIRST 5 RIVERSIDE
Riverside County Children & Families Commission

Water & Pool Safety   (800) 774-7237

Riverside County is dedicated to preventing unintentional injuries to children in our county. The paramedics, fire fighters, law enforcement personnel, and hospital staff who work in our county know all too well the tragic results of a child's death from drowning. Childhood drowning can be eliminated because we know that childhood drowning is 100% preventable.

Make changes now, before a drowning happens. It could happen in your neighborhood or at your next gathering. Please don't wait. Read the following information. It could change your life.

FACTS

- Drowning is the leading cause of unintentional or accidental injury-related death to children ages 1-4 years old in Riverside County.
- Over 80% of all drowning and near-drowning incidents occur in backyard pools.
- There are over one million backyard pools in California without safety features because they were built before the Swimming Pool Safety Act of 1998. One could be in your neighborhood.
- Drowning is a quiet event. There is no splashing, no screaming, and no noise at all.
- A submerged child can lose consciousness in less than two minutes – the time it takes to answer a phone – and sustain permanent brain damage in only 4 to 6 minutes.
- Shimmering and sparkling, water is a magnet for toddlers and young children.
- Children under the age of five have no fear of water and no concept of death. Water is associated with play.
- Remember, it takes very little water for a child to drown. Less than one inch of water is all it takes to cover the mouth and nose of a toddler.

LAYERS OF PROTECTION FOR POOLS

- *FENCING:* Enclose your pool with four-sided, non-climbable fencing at least 5 feet high. Isolation fencing around a pool or spa is the best protection. If possible, do not use your house as one of the four sides.
- *FENCE GATES*: All gates to the pool or spa must be self-closing and self-latching.
- *DOOR & WINDOW ALARMS*: All windows and doors that lead to the pool area should have alarms that alert adults when they are opened.
- *POOL COVERS*: If a pool cover is used, make sure it has been approved as a safety device.

> - *Fence the pool*
> - *Shut the gate*
> - *Learn how to swim it's great!*
> - *Take CPR*
> - *Keep proper supplies*
> - *Adults should always supervise*

(more on other side)

PREVENTION TIPS

- SUPERVISE! Never leave a child alone near a pool or spa, bathtub, pond, toilet, bucket of liquid, or any standing water.
- Assign an adult Water Watcher to keep their eyes on the water at all times.
- Do not allow children to play near the pool or spa.
- Keep toilets lids down. Install safety latches on the toilet lids to prevent toddlers from opening and playing in the toilet.
- Empty wading pools immediately after use and store upside-down.
- Bath rings are only bathing aids, not personal floatation devices.
- Never rely on devices or swimming lessons to protect children without supervision.
- American Academy of Pediatrics advises against swim lessons until the 4th birthday.
- *Never drink alcoholic beverages before or during swimming or supervising children.*

BE PREPARED

- Learn CPR & First Aid
- Know your neighborhood and the homes your child visits. Is there a pool? Is it properly protected? If the children will be swimming, who will be supervising them?
- Learn how to swim and learn proper rescue techniques.
- Keep rescue equipment at near the pool. Do NOT use air-filled swimming aids (such as water rings) in place of life preservers. These devices can give parents and children a false sense of security, which may increase the risk of drowning.
- Keep a portable telephone and emergency phone numbers nearby.

IF A WATER EMERGENCY OCCURS

- Pull the child from the water and place on his or her back
- Check for breathing; clear mouth and nose of any obstructions
- Instruct another adult to call for emergency help
- Begin rescue breathing or CPR as needed until the child is revived or help arrives.

SAFETY RESOURCES

Riverside County Children's Injury Prevention Network
(800) 774-7237 or (951) 358-7171 rivcoips.org
Riverside County Building & Safety Department
(951) 955-1800 or (951) 600-6245
To report an unsafe pool call Code Enforcement:
Riverside/Corona (951) 955-6713
Perris/Hemet/Temecula (951) 600-6140
Pass & Desert Areas (760) 863-7180
American Red Cross in Riverside County
(951) 656-4218 or (760) 773-9105
National Drowning Prevention Alliance
www.drowningpreventionalliance.com
Safe Kids Worldwide
Safekids.org
U.S. Consumer Product Safety Commission
www.cpsc.gov