

POOL RULES

- Children should always have adult supervision
- Don't swim near diving boards or slides
- Never swim alone
- No glass in the pool area
- Do not push, run or horseplay

DANGER: POOLS

- Drowning is the leading cause of preventable death for children ages 1 to 5 and the second leading cause of death in adolescents and adults ages 15 to 44
- In Fresno County, 20 to 30 people drown each year. Statistics show 10 of these victims are children between the ages of 1 and 18, and 20% of them will drown in family swimming pools and spas
- Thirty to 40 children in the county are hospitalized because of a near-drowning; 3 to 4 of these children will suffer severe brain injuries
- An estimated 1 in every 3 Fresno homes has a swimming pool, and 1 out of 4 of these families report "close calls" where a child may have drowned or been seriously injured if he/she had not been rescued



The Water Watcher Program is coordinated by the Water Safety Council of Fresno County.

This program is **free** to the public and emphasis is geared towards parents, grandparents, care-givers, teachers, and adults that have children or care for children ages 0-5.

The funding for this program is provided by a grant from First-5 Fresno County.

For additional information, visit the Water Safety Council website at:

www.watersafe.org



Water Safety Facts
Every Adult and Child Should Know

Water Safety Council of Fresno County

In 1982, some Fresno residents became concerned when a child drowned in a local canal. This group recognized the larger danger to all children and brought their concern before the Fresno City Council and Fresno County Board of Supervisors. As a result, an independent task force was formed to assess water safety problems and to recommend possible solutions. In 1993, the task force became known as the Water Safety Council of Fresno County.

The Water Safety Council has a multidisciplinary membership and believes many strategies should be carried out to reduce drowning and near-drowning statistics. The Council's primary goal is to educate adults and children to make them aware of ways to reduce water-related injury and death.

The Council advocates for appropriate regulations, posting of warning signs, boating safety programs, use of life jackets and mandating safety barriers for all swimming pools. Water safety should be a concern of every resident in Fresno County.

DEFINITION OF DROWNING

Drowning is death from suffocation by submersion in water.

MOST WATER-RELATED TRAGEDIES CAN BE PREVENTED, IF...

- Children are supervised at all times
- Life jackets that are properly fitted for age and weight and coast guard approved are worn
- Barriers are in place between the home and swimming pool
- CPR (Cardio Pulmonary Resuscitation) is known
- Children over the age of 3 learn to swim



DANGER: CANALS

- Many dangerous things may be in the canals: **such as...** broken glass bottles, aluminum cans, and garbage
- Most canals have concrete sides which are very slippery because moss and other water plants grow on the concrete; dirt sides are very muddy and can cave in
- The water's fast current in the center pulls a person away from the sides
- The cold water causes a person's body temperature to drop; you cannot swim because you are so cold!
- The water current on the surface looks very slow, but the undercurrent below is very fast

DANGER: PONDING BASINS

- Children and adults are **never** to swim in ponding basins. No swimming, boating, or fishing
- Steep side slopes make ponding basins very dangerous
- Illness can be caused by contact with mud or swallowing of contaminated water

DANGER: RIVERS

- Children should never enter a river or a stream
- Water flowing through bushes or small trees can trap a swimmer, even with a life jacket on
- If a swimmer's foot gets jammed in the rocks on the bottom, the force of the current can break a leg or hold the person under, even in shallow water

DANGER: LAKES

- Designated swimming areas are kept free of objects and other debris. They are marked off so boats, jet skis and other watercraft cannot enter
- Do not dive in lakes or rivers

DANGER: SPAS

- The temperature of the water in a hot tub can be hot enough to burn a small child
- Spas are not wading pools or play areas; they are meant for use by adults

