



COMMACK VOLUNTEER AMBULANCE CORPS POOL SAFETY / WATER SAFETY INFORMATION

The National Institute of Child Health and Human Development (NICHD) estimates that more than 1,500 children drown each year in the United States. Most of these children will drown in their own backyard swimming pools, but others drown in buckets, bathtubs, pet water bowls, and open water. Small children are top heavy and they don't possess the upper body strength to right themselves out of one of these dangerous situations. Even when a child survives such an incident there is often permanent brain damage.

Water rescues are not limited to just children however. Each year a significant number of deaths or injuries to adults are attributed to preventable water incidents.

Drownings and near drownings are preventable. Anyone who owns or manages a pool, or who is involved with the supervision of children needs to be aware of the dangers associated with bodies of water. Here are some helpful hints to prevent such needless tragedies:

- Never leave a child alone in or near water. Your eyes must be on the child at all times. Don't leave them, not even for a second!
- If you must leave the area, take your child with you.
- Do not allow children to play around water and store all toys outside of a pool area.
- Always keep basic lifesaving equipment nearby such as a sheppard's tool, life preserver, and a personal flotation device.
- Know how to swim yourself. Contact your local American Red Cross Chapter for information on swimming and water safety lessons.
- Enclose the pool completely with a self-locking, self-closing fence with vertical bars. Make sure your enclosure is compliant with all Town and local ordinances.
- Never swim alone, or while under the influence of drugs or alcohol
- Never dive into unfamiliar or shallow bodies of water, ever!
- Never swim when thunder or lightning is present
- Always obey the instructions of the life guard at public pools or beaches
- Never leave furniture near the fence that would enable a child to climb over the fence.
- Have a phone handy and know your emergency number (Commack – 9-1-1)
- If a child is missing, check the pool first. Go to the edge of the pool and scan the entire pool bottom and surface as well as the surrounding area
- Learn CPR and insist that babysitters, grandparent's and others who care for your child know CPR. Contact your local Red Cross or American Heart Association Chapter for more information.

