



## ABC's of Water Safety

The San Bernardino County Drowning Prevention Network wants you to have a fun, fabulous and very safe summer. As the weather warms up, swimming in a cool, refreshing pool is a great way to beat the heat. Avoid the dangers in and around water to ensure an enjoyable summer.

Remember the ABC's of water safety:

**A**dult Supervision - always keep your eyes on your child when he or she is near water. Adults, take an active role by maintaining eye contact and staying within arm's reach of your child. Older siblings are discouraged from acting as water watchers because they are easily distracted. Reading a magazine, chatting on the phone or socializing near the water can distract you long enough for tragedy to strike. Recent studies show that nearly 9 out of 10 children who drowned were being supervised when the incident occurred. Pay attention; don't look away from your child, not for a minute, not for a second.

**B**arriers - Apartment pools are gated for a reason...safety! Do not prop gates open as this could unknowingly allow an unsupervised child into the pool area. When you are in the pool area, remember to keep your pool key with you at all times.

**C**lasses - Swim classes for you and your child will help build confidence in the water. Please keep in mind that swimming lessons do NOT make a child drown proof. Also, you are encouraged to take a CPR class so that you are prepared in the event of an emergency.

Simply being nearby when a child is swimming in a pool or spa is not good enough. Adults often think, "I'll hear a splash or a scream if my child is in danger," but most drownings occur without a sound. In fact, medical personnel refer to drowning as the "silent tragedy."

For more information about drowning prevention, please visit [www.abcpoolsafety.org](http://www.abcpoolsafety.org).