

# WATER SAFETY FOR FAMILIES

Drowning can happen to any family. It is quick and it is silent. **Drowning is the single-leading cause of unexpected death of children ages 1 to 4 years old.**



## 4-SIDED POOL FENCING

**A fence that surrounds the pool:** Specifically designed so that children cannot easily get over, under, or through it. A safe gate should be secured at all times.



American Academy of Pediatrics  
Orange County Chapter  
INCORPORATED IN CALIFORNIA



## LIFE JACKETS

**U.S Coast Guard Approved:** Use for open bodies of water and at pools for young children and unskilled swimmers.



## SWIM LESSONS

**High quality, low-cost lessons are typically available through your city:** Swim lessons can help reduce the risk of drowning for children. Some kids may be ready to start swim lessons after age 1.



For more information visit [www.aap-oc.org/pcdp](http://www.aap-oc.org/pcdp)

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## SUPERVISION

**Be watchful:** Avoid distractions such as cell phone use and conversations with others. Assign a water watcher.



## CPR & AED TRAINING

**Rescue Immediately Onsite:** All parents & guardians need current CPR AED training. Rescue breaths are vital – children and drowning victims are often oxygen starved.

