

Water Safety for Families



American Academy of Pediatrics
Orange County Chapter
INCORPORATED IN CALIFORNIA



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.



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LIFE JACKETS

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



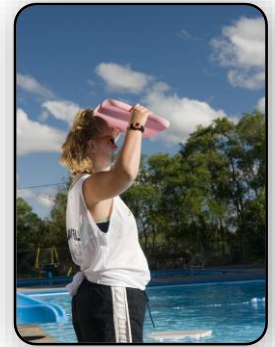
SWIM LESSONS

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

Funded in part by the California Department of Public Health Kids' Plate Program



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.



Disclosures

The American Academy of Pediatrics Orange County Chapter partnered with TMIT Global to produce this 2026 update.



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Open Water Safety for Families

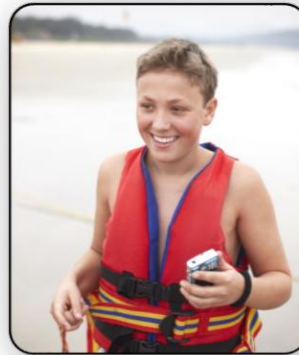


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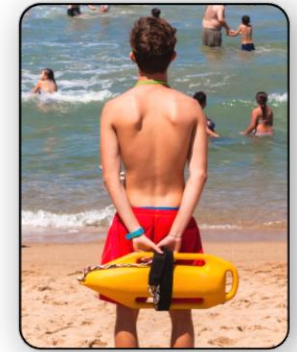
Open Water Safety For Families: Ocean, Lakes, and Waterways

DROWNING IS A NEVER EVENT
It should never happen. Open water, coastlines, and unknown hazards pose great risks to everyone from toddlers to seniors.



LIFE JACKETS

U.S Coast Guard Approved:
Use for open bodies of water, watercraft recreation, young children, and unskilled swimmers.



SUPERVISION for All

Be watchful: Avoid cell phone use and distractions. Assign water watchers. Seek lifeguard protected sites and never swim alone.



KNOW the WATERWAY

Choose safe locations. Watch the weather, know the tides, and learn about coastline hazards, water depth and how to identify rip tides and currents. Practice safe water entry and safety procedures.



SWIM LESSONS For All

High quality, low-cost lessons are typically available through your city: Swim lessons help reduce the risk of drowning for children and adults. The hazards of oceans, lakes, and other waterways should be addressed.



CPR/AED &

Stop-the-Bleed TRAINING
Rescue Immediately Onsite: All need CPR/AED and bleeding control training. Rescue breaths are vital – children & drowning victims are often oxygen starved.



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For more information visit www.aap-oc.org/pcdp or scan the QR Code, save the PDF or screen shot it!

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New Rules for Pools



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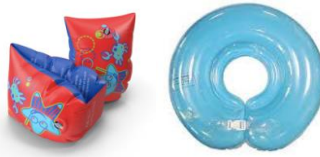
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Use the QR code above to access a video on properly fitting a life jacket.



Coast Guard Approved Floatation Devices

AB 2146 Product Safety: recreational water safety: wearable personal flotation devices: infants and children. (2023-2024)

Prohibits manufacture, sell, delivery, distribution, holding or offering for sale in CA a wearable personal flotation device that is not U.S. Coast Guard-approved.



Licensed Daycare Centers

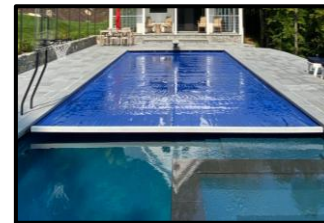
AB 2866 State Department of Social Services regulated facilities. (2023-2024)

Licensed daycare center with inground pool.

Pool fence required & Pool cover or pool alarm

Daily self inspection & log

Rescue equipment on site (life ring and rescue pole)



Inspection Report Required

SB 552 CA Pool Safety Law Inspection Report must include AAP policy statement that pool isolation fence most studied and most effective drowning prevention safety feature preventing unsupervised access to pool/spa. (2024)

Must have 2 of 7 options:

- Enclosure that isolates pool/spa from single-family home
- Mesh Fence
- Pool Cover
- Exit Alarms
- Exit Self-Closing/Self-Latching Device
- Pool Alarm
- Others meeting ASTM standards



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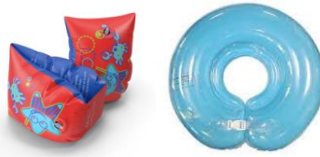
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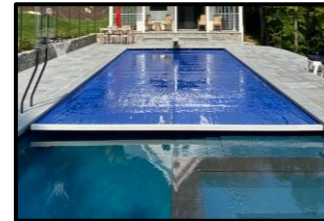
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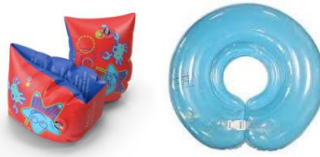
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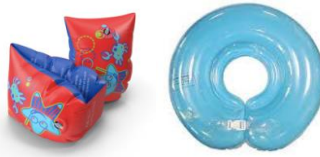
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