

Something to
Make Waves
About

POOL SAFETY

Having a backyard pool is exciting for small children. At this time, parents need to be aware of preventable injuries, like drowning or near drowning, in wading pools, above ground or in ground pools. Children need your close supervision so that your summer days are spent with your family having fun rather than in the emergency department.

Buckle Up

- Enclose the pool on all sides with a fence and ensure that the gate is self-closing and self-latching. Check with your municipality on fence height requirements.

Look First

- Always supervise children when near water.
- Ensure the pool area is clear of clutter and that the pool cover is completely removed before swimming.
- Before jumping or diving look to be sure the area is free of other swimmers and that it is deep enough.

Stay Sober

- Swim and/or supervise children only when you are free from impairment (drugs, alcohol or drowsiness) and distraction.

Get Trained

- Teach kids basic water safety rules.
- Learn to swim yourself.
- Learn CPR and First Aid.
- Have lifesaving equipment by the pool and know how to use it.

Wear the Gear

- Ensure that all weaker swimmers wear a Personal Floatation Device or Life Jacket while in or around the pool.
- Sunscreen which offers UVA and UVB protection and has an SPF of 15 or higher should be reapplied every two hours.
- Hats, shirts and sunglasses also provide protection.



Call your local Health Unit to learn more about how you and your family can stay safe near the pool this summer.