



# Safety Around Water

## SAFETY TOPICS

Drowning poses a considerable risk for youth and adults, especially those from underserved populations. The statistics are sobering, but drowning deaths are preventable. At the Y, we believe everyone should have the chance to learn how to stay safe around water.

At every lesson, we cover one safety topic. We highlight these safety topics because they address the most common safety issues families experience around water. To reinforce what your child is learning, ask the following questions at home or in the car:

### BENCHMARK SKILLS

**What two skills can help you get to the side of the pool if you are in trouble and why are each of them important?**

- **Jump, push, turn, grab** helps you safely exit the pool by pushing off the bottom, grabbing the wall, and climbing out.
- **Swim, float, swim** helps you get to the side of the pool if you are not within reach by swimming on your front, rolling to your back to breathe when you get tired, grabbing the wall, and climbing out.

**Of all the skills you are learning, what are you really good at? What do you need to improve?**

### REACH OR THROW, DON'T GO

**Why shouldn't you jump in to save a friend who is struggling in the water?**

A panicked person in the water can grab you and pull you under.

**What can you do to help your friend?**

Use an object to reach out to your friend and pull him or her back to the shore, the bank, or the side of the pool. You can use anything long enough to extend your reach or help your friend float, such as a pool noodle.

### CALL 911

**When should you call 911?**

Call 911 if you think a person is in trouble and there is no adult nearby.

**What do you tell the 911 operator?**

- Your first and last name
- The address of your location
- The telephone number you're calling from
- What happened and how many people are hurt

### CPR

**What is CPR?**

Cardiopulmonary resuscitation (CPR) helps maintain vital blood flow to the heart and brain.

**How can you tell if someone needs CPR?**

If someone doesn't respond, check for breathing and a pulse. When you can't see, hear, or feel any signs of breathing and you can't find a pulse after 10 seconds, the person probably needs CPR.

# Safety Topics continued

## BACKYARD POOLS

**What are some things you can do to keep yourself safe in your, or a friend's, backyard pool?**

- Don't swim without permission or without adult supervision.
- Ask an adult for help if you want something in or around the pool.
- Keep your hands, fingers, feet, and toes out of any openings in the pool, such as grates.
- Don't swim or play in hot tubs or whirlpools.

## POOLS DRAINS

**What do pool drains do?**

Pool drains pull water into the filtration system so it can be cleaned and returned to the pool.

**Why can pool drains be dangerous?**

Swimmers can get stuck on a drain in deep water and not be able to get to the surface.

**What two rules should you follow related to drains?**

- Don't swim or play around pool drains.
- Don't swim in a pool that is missing drain covers.

## LIFE JACKETS

**When should life jackets be used?**

Until you pass a swim test, you should wear a life jacket in the water. Everyone, even strong swimmers, should wear a life jacket when participating in water sports, boating, or watercraft activities. In case of an accident, a life jacket will help you float until help arrives.

**What does a proper life jacket have?**

A proper life jacket should have the United States Coast Guard's seal of approval on the inside of the jacket.

## BOATING

**What are some dangers of boating?**

- The boat could capsize or collide with another boat.
- Drownings can occur when boaters do not wear life jackets.

**What are some things you can do to keep yourself safe in a boat?**

- Wear a United States Coast Guard-approved life jacket.
- Don't stand up in small boats.
- Don't overload the boat.
- Don't boat at night or in low-visibility conditions.