

The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance.

# POOL AND SWIMMING SAFETY

JOHNSON COUNTY HEALTH DEPARTMENT

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# SWIMMING

- Fun
- Great exercise
- Quality family and friend time
- Must be safe



Upadhyaya, Richinka. *Finding Dory Trailer: New Footage Shows Dory, Along with Nemo and Marlin, On a Journey to Find Her Family*, 29 Apr. 2016. <http://www.ibtimes.co.uk/finding-dory-trailer-new-footage-shows-dory-along-nemo-marlin-journey-find-her-family-1557422>

# DROWNING STATISTICS

## SILENT AND QUICK

Drowning is one of the leading causes of death among children under four years of age. It only takes a few seconds for a child to drown, and small children can drown in just a few inches of water – in a bathtub, a toilet or a bucket.

**10**

Every day, about ten people die from unintentional drowning.

**1 in 5**

About one in five people who die from drowning are children 14 and younger

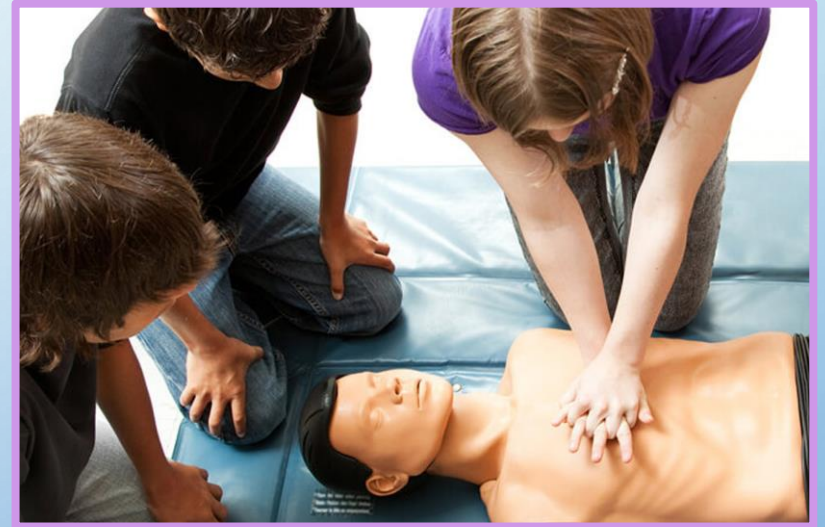
Source: Centers for Disease Control and Prevention

**50**

More than 50 percent of drowning victims treated in emergency departments require hospitalization or long-term care.

US Daily Review. *Drowning is the Leading Cause of Unintentional Deaths for Young Children*, 10 Jul. 2016.  
<http://usdailyreview.com/drowning-is-the-leading-cause-of-unintentional-deaths-for-young-children/>

# PREPARATION



American Red Cross. *Swimming Safety Tips*, n.d. <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/swim-safety>

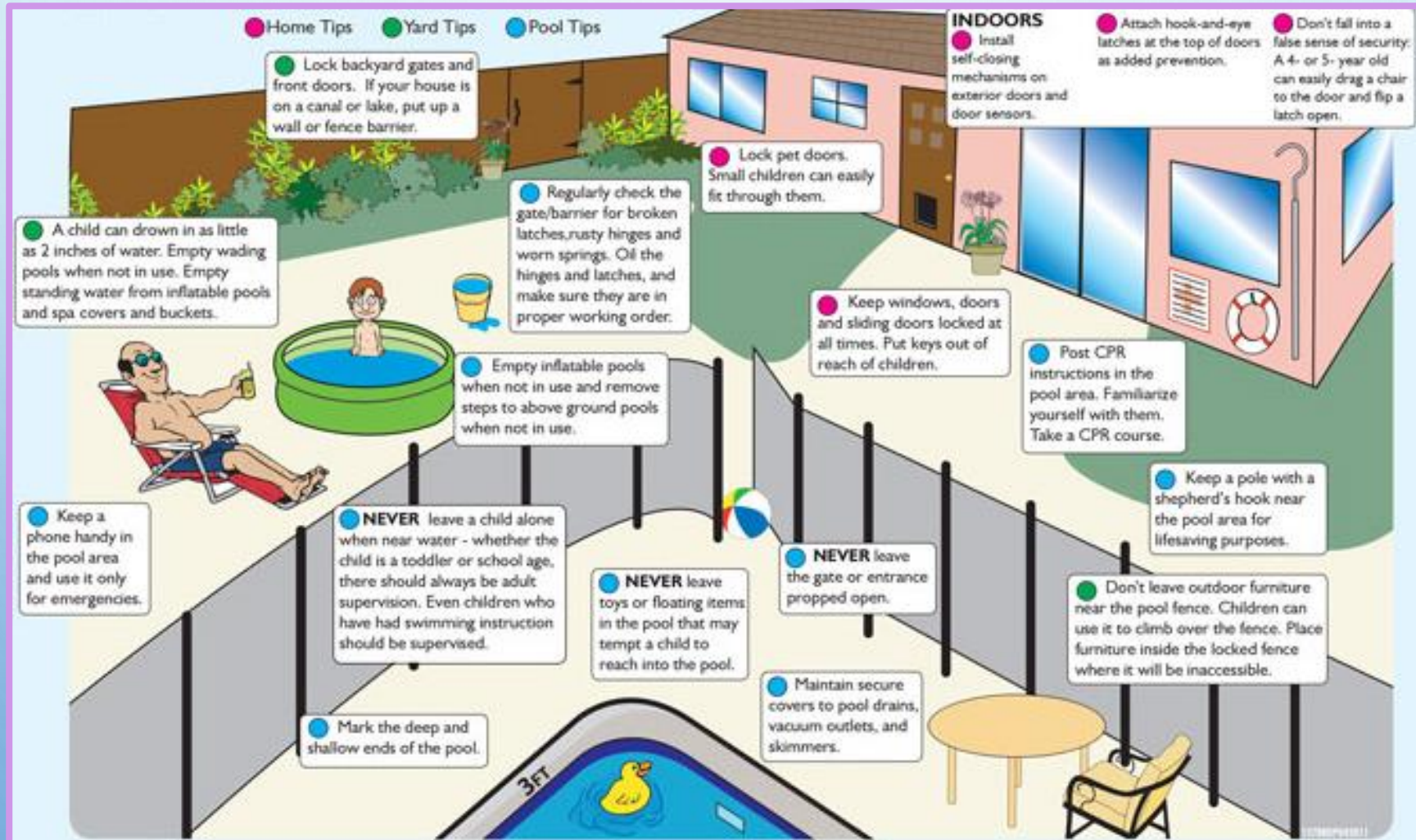
# GENERAL SWIMMING SAFETY



- Do not hold breath for long time periods
- Feet first on waterslides
- Do not swim near drains and suction outlets
- Do not mix alcohol with swimming
- Do not swim during a storm

Poolmaster. Amazon. *Our Pool Rules*, 1995.  
<https://www.amazon.com/Poolmaster-41339-Rules-Animation-Residential/dp/B002NJSTDG>

# HOME POOL SAFETY



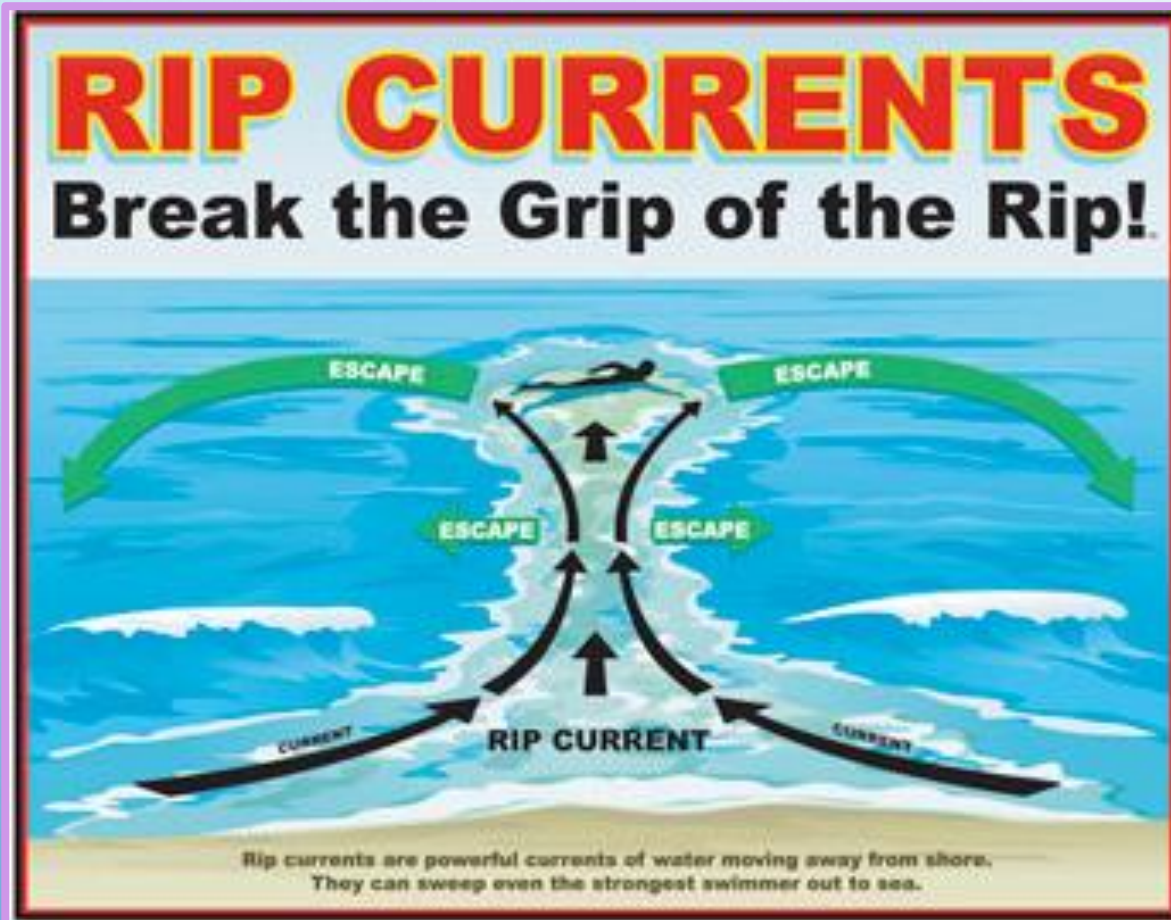
Mobile Home Living.  
Childproofing Your  
Manufactured Home, n.d.  
<https://mobilehomeliving.org/childproofing-your-manufactured-home/>

# HOME SPAS

 <p>Shower With Soap &amp; Water Before You Enter The Hot Tub</p>	 <p>Senior Adults Must Consult A Doctor Before Use Of The Hot Tub</p>	 <p>Anyone With Heart Disease, Diabetes High Or Low Blood Pressure Or Any Serious illness Must Consult A Doctor</p>	 <p>Pregnant Woman Must Consult A Doctor Before Use Of The Hot Tub</p>	<b>CAUTION</b> <p>If You Have Long Hair Please Tie It Up Or Wear A Swimming Cap (Don't Worry You'll Still Look Cool!)</p>	 <p>Children Must Be Supervised At All Times</p>	 <p>No Glassware Allowed In Or Near The Hot Tub</p>	 <p>Please Do Not Use Soap Or Sun Lotions In The Hot Tub</p>
 <p>0-5</p> <p>Children Under The Age Of 5 Years Are Not Permitted In The Hot Tub</p>	<b>WARNING</b> <p>Do Not Use Hot Tub While Under The Influence Of Alcohol, Tranquilisers Or Any Other Drugs That May Cause Drowsiness Or That Raise Or Lower Blood Pressure</p>	 <p>Do Not Enter If Temperature Is Over 40°C</p>	 <p>Enter &amp; Exit The Hot Tub Slowly</p>	 <p>Please No Jumping Or Diving. (Hot Tubs Are Not That Deep!)</p>	 <p>15 min</p> <p>Limit Your Soak to 15 Minutes, &amp; Cool Off Before Re-Entering</p>	 <p>Please Replace Spa Cover After Using The Hot Tub</p>	 <p>Please Do Not Sit Or Lie Down On The Spa Cover</p>

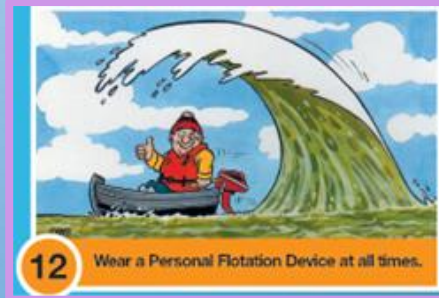
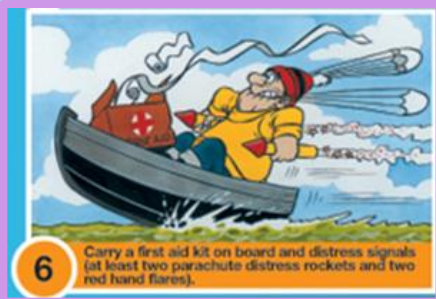
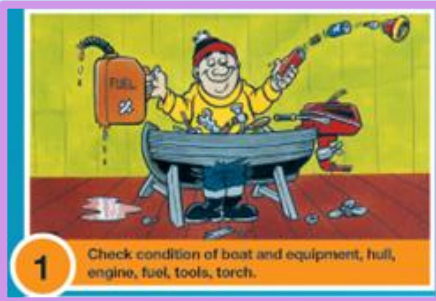
Pinterest. Hot Tub Ideas, n.d. <https://www.pinterest.com/gardenfreakbeck/hot-tub-ideas/>

# NATURAL WATER



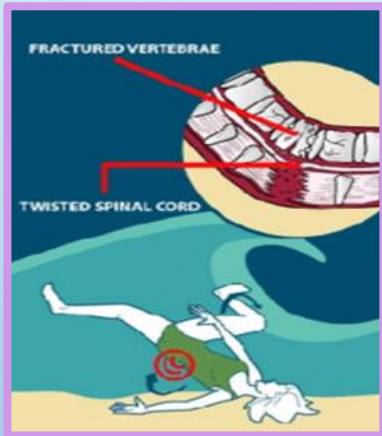
- Lakes, rivers, ponds, ocean
- Obey beach warnings
- Life jackets for children and weak swimmers
- Do not swim close to piers
- Wear protective footwear if needed

# USING WATERCRAFT



Irish Water Safety. 14 Steps to Safe and Enjoyable Boating, n.d.  
<http://www.iws.ie/consumer-alert-notifications/news-archives.263.html>

# COMPLICATIONS



**1 Hyperventilation**  
Overbreathing either consciously, or as a result of overexertion, artificially lowers carbon dioxide levels.

**2 O<sub>2</sub> Drops**  
As the breath hold begins oxygen is metabolized and carbon dioxide levels increase. As the breath hold continues the body becomes starved of oxygen.

**3 Unconsciousness**  
Under normal circumstances increased carbon dioxide would trigger a breath, but because CO<sub>2</sub> levels were so low on submersion (due to hyperventilation) there is not enough to initiate a breath, the swimmer loses consciousness.

**4 Drowning**  
Once the swimmer loses consciousness, the body reacts and forces a breath. That causes the lungs to fill with water and without an immediate rescue a drowning death is all but certain.

SOS Swim *Shallow Water Blackout – Teens Especially at Risk*, 25 Feb. 2013. <http://www.sosswim.com/blog/category/water%20safety>

# IN CASE OF EMERGENCY

## Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



Recognize the signs of someone in trouble and shout for help

Rescue and remove the person from the water (without putting yourself in danger)

Call emergency medical services (EMS)

Begin rescue breathing and CPR

Use an AED if available and transfer care to advanced life support



**American Red Cross**

American Red Cross. Water Safety: Chain of Drowning Survival, n.d. <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety>

# REFERENCES

American Red Cross. "Swimming Safety Tips." *RedCross.org*, n.d. <http://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/swim-safety>. Accessed 22 Feb. 2018.

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Kids Health from Nemours. "Swimming." *KidsHealth.org*, Jun. 2014. <http://kidshealth.org/en/kids/swim.html?WT.ac=ctg#catout>. Accessed 23 Feb. 2018.

Pool Safely. "Safety Tips." *PoolSafely.gov*, n.d. <https://www.poolsafely.gov/parents/safety-tips/>. Accessed 22 Feb. 2018.

Safe Kids Worldwide. "Swimming." *SafeKids.org*, n.d. <https://www.safekids.org/poolsafety>. Accessed 22 Feb. 2018.

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