

Water Safety Tips by Drowning Prevention Coalition of El Paso



General Water Safety

- Always swim with a buddy; never swim alone.
- Read and obey all rules and posted signs.
- Swim in areas that are supervised by a lifeguard.
- Children or inexperienced swimmers should wear U.S. Coast Guard approved life jackets when around water.
- Watch out for the “dangerous too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Be knowledgeable of the water environment you are in and its potential hazards.
- Know how to prevent, recognize and respond to aquatic emergencies.
- Use a feet first entry when entering the water.
- Do not mix alcohol with swimming, diving or boating.
- Wear sun-block and re-apply often.

Parent Water Safety

- Maintain constant supervision.
- Stay within arm’s reach of an inexperienced swimmer while he or she is in the water.
- Do not rely on substitutes. The use of flotation devices and inflatable toys cannot replace parental supervision.
- Prevent access to water features: swimming pools, buckets of water, ponds, etc.
- Use safety locks on toilets and keep toilet lids down if there are small children in your home.
- Empty cleaning buckets immediately after use.
- Teach children how to swim.
- Learn CPR and first aid.
- Set rules for the water and adhere to them.
- Empty kiddie pools immediately after use.

Home Pool Safety

- Learn to swim and swim well.
- Never leave a child unattended who may gain access to the water.
- Teach your children that the pool area is off-limits without an adult present.
- Adult supervision at all times.
- Pool Security: fencing, gates, doors, windows and covers.
- Keep toys away from the pool area and keep the deck area free of clutter.
- If a child is missing, always check the pool first.
- Emergency Action Procedures: learn CPR and First Aid, have lifesaving equipment available, have a well-stocked first aid kit available, post CPR and First Aid signs, and have a cordless phone accessible.
- Do not allow diving.
- Water chemistry: keep the pool water clean and clear and store pool chemicals in childproof containers and out of children’s reach.

“Respect the Water...Children Drown in Silence”

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Water Park Safety

- Be sure the area is well supervised by lifeguards and follow their rules & directions.
- Read all posted signs.
- Always accompany and supervise children on all attractions & pools.
- Make note of the water depth before entering an attraction.
- Know the height requirements for attractions.
- Know your own and your child's swimming abilities.
- Be aware that some attractions have moving water and require swimming skills.
- Always go face up and feet first down a slide.
- If you cannot swim or are a weak swimmer- always use U.S. Coast Guard approved life jacket.
- Wait until the lifeguard signals that it's safe for you to proceed on an attraction.

El Paso Water Precautions

- Never play in drainage ditches or arroyos, even when dry.
- Do not allow children to play near or in a river or another body of water, including ponds, channels and drains.
- Do not swim in canals or ponding area.
- Turn around, don't drown. Do not drive on flooded streets.
- During heavy rains, alleys, backyards, streets and sunken areas can fill with water. Tell children not to play in these areas.
- Pools need to be surrounded with secure fencing with no areas of entrance.
- Never underestimate the water currents in a river, channel or a drain.
- Backyard ponds are deep enough for toddlers to fall into.
- Small disposable pools should be emptied and turned over when not in use.
- Only U.S. Coastguard approved flotation devices should be worn whenever a non-swimmer is in, on, or around the water.

Top 10 Safety Station Supplies

- First Aid Kit
- CPR Poster
- First Aid Instructions
- Reaching Pole/Shepherd's Hook
- Heaving line/throw bag
- Pool Rules Posted
- Emergency numbers posted with address
- Cordless Telephone
- Emergency Shut-Off Sign
- Personal Flotation Devices

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