

Pool Safety

When Pool is “not-in-use”



- Your pool or spa must have a 5-foot minimum high fence that completely surrounds it
- If the house forms a barrier, install a separation fence make sure that all doors & windows leading to the pool area, are alarmed and locked
- If you have a door that leads to your pool or spa, that has a “doggy door”, remember that children climb through these
- Ensure gate is self-closing/self-latching and opens outward away from the pool
- Keep lawn equipment, chairs, tables away from the fence to prevent a child from climbing over
- Power operated pool covers must be properly maintained
- Keep lifesaving ring and shepherd’s hook in pool area & know how to use it
- Make sure that pool/spa gates are locked at all time
- Remove all inflatable toys from the pool/spa area
- Make sure the pool/spa gate is locked and turn-on all window and door alarms that lead to the pool/spa area
- Learn CPR (call the **American Red Cross of Greater Los Angeles** at 1-800-627-7000 for classes offered in your area
- Learn to swim. For swimming lessons in your area call the **Los Angeles County Parks and Recreation Department** at (626) 369-8694

When Pool is “in-use”



- Never swim alone
- When watching children or adults in a pool/spa, supervise them like you are a lifeguard-maintain "active supervision"
- When watching children or adults in a pool/spa, do not read, eat, talk to others, sleep, listen to an audio headset, etc.)
- Designate a second adult for breaks
- An adult who supervises a pool/spa, must know how to swim and know CPR
- Keep a cordless phone at poolside for emergency use (remember a cell phone does not provide location to 911)
- Know how to use lifesaving equipment such as a Shepherd's hook or lifesaving ring
- Have children use "the buddy system"
- Children are not “drown proof” even if they know how to swim
- Inflatables, floaties, floatable swimsuits, are not lifesaving devices & do not replace "active supervision"
- Pool parties: Consider hiring a lifeguard through your local American Red Cross 1-800-627-7000
- After use, account that everyone is out of pool
- After use remove inflatable toys from pool area
- After use, ensure self-closing/self-latching gate is in working properly
- After use, lock the gate and turn-on all window or door alarms that lead to the pool area

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Plastic & Inflatable Pools

Smaller Plastic & Inflatable Wading Pools



- Infants should always be within arms-reach
- Never allow older siblings to watch children in these pools
- After each use, always empty the pool and turn it upside down

Larger Inflatable Pools



- After each use, always remove the ladder
- These pools must be fenced, similarly with any pool or spa
- California law requires fencing for these pools. Pumps & filters require electrical grounding to prevent electric shock. Call your local city building department or the **Los Angeles County, Public Works** at (626) 458-5100.

Healthy Swimming Tips

Sun (Ultraviolet UV) Protection

- Sun rays are strongest between the house of 10a.m. and 4 p.m.
- Wear waterproof/sweat-proof UVA and UVB sunscreen
- Wear lip protection with at least SPF 15
- Remember to reapply as indicated by the manufacturer's directions
- Wear a hat, sunglasses, and UV protective clothing



Swimming Illness Prevention*

- If you have diarrhea, do not swim. This is especially important for kids in diapers. Germs can easily spread in the water and make other people sick.
- Do not swallow the pool water. In fact, avoid getting water in your mouth.
- Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- For Parents of Young Children:
 - Take your kids on bathroom breaks & check diapers often. Waiting to hear "I have to go" may mean that it's too late.
 - Change diapers in bathroom, not at poolside. Germs can spread causing illness. Swim-safe diapers are also available. If you leave with the child, make sure another adult is watching the pool.



Visit "Parent Central" at
www.ProCarSeatSafety.com

