

## Pool Safety Tips

Drowning is the leading cause of unintentional death for children ages 1-4.

- If a child is missing, check the pool first. Seconds count!
- Learn to swim – both adults and children. This is the best way to be safe in the water.
- Knowing how to swim doesn't make a child drown-proof. Never use flotation devices as a substitution for supervision.
- Never leave your children alone in or near the pool, even for a moment. An adult who knows CPR should actively supervise children at all times. Designate an adult "Water Watcher" whenever a child is in the pool.
- Practice "Touch Supervision" with children younger than 5 years. This means that the adult is within an arm's length of the child at all times.
- Make sure all children understand the pool safety rules.
- Most young children who drown in pools wander out of the house and fall into the pool. Install a fence at least 4 feet high around all sides of the pool. Use gates that self-close and self-latch, with latches higher than your children's reach.
- Keep rescue equipment (such as shepherd's hook or life preserver) and a telephone by the pool.
- Remove all toys from the pool after use so children aren't tempted to reach for them.
- A power safety cover that meets the standards of the American Society for Testing and Materials (ASTM) may add to the protection of your children but should not be used in place of a fence.

**Remember, teaching your child how to swim DOES NOT mean your child is safe in water.**

## Practice these Steps to Protect Yourself and Others

Many people have become sick from germs found in contaminated pool water.

### What are Recreational Water Illnesses (RWIs)?

RWIs are the various illnesses caused by germs that contaminate pool water. The most common RWI is diarrheal illness caused by germs like "Crypto" and E.coli O157:H7.

### How is diarrheal illness spread?

You share the pool water with everyone. If a pool isn't properly chlorinated, germs can contaminate pool water. Germs can spread when swimmers swallow contaminated water.

### Does chlorine protect against RWIs?

Yes, RWI germs are killed by chlorine, but it doesn't work right away. Some germs, like "Crypto", can live in pools for days. Without your help, even the best-maintained pools can spread germs.

## What you can do:

### PARENTS:

1. Take your kids on bathroom breaks or check diapers often.
2. Change diapers in a bathroom or a diaper changing area and not at poolside. Germs can be spread in and around the pool.
3. Wash your children thoroughly (especially the rear end) with soap and water before they go swimming. Invisible amounts of fecal matter can end up in the pool.

### ALL SWIMMERS:

1. Don't swim when you have diarrhea.
2. Avoid getting pool water in your mouth.
3. Practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers.

# Backyard Pool Safety



A backyard pool is a source of fun, relaxation, and exercise for you, your friends and your family.

To increase awareness of pool safety, the Montgomery Health Department has these tips to assist you in keeping your pool safe.



Public Health  
Prevent. Promote. Protect.

## Montgomery

## Health Department

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Hopewell ♦ Pennington ♦ Rocky Hill

**(908) 359-8211**

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# When your pool is being used...



**SUPERVISION of the pool is the most important safety consideration**

When children are in or near the pool, designate a "Water Watcher." Use the "Water Watcher tag to identify the person who will be responsible for watching the pool. Maintain constant visual contact with the children in the pool.



NEVER leave a child alone in the pool or spa, even for one second.



Do not allow diving from the side or shallow end of the pool.



Keep a telephone near the pool when it is in use. In the case of an emergency, CALL 911.



Keep toys, especially tricycles, big wheels, etc., away from the pool. Remove all inflatables like tubes, rafts and beach balls from the pool after each use.



Do not allow swimming in an unlighted pool at night.



# When your pool is not being used...



Make sure all fence gates and doors leading to the pool area are self-latching with latches above a child's reach.



Restrict a child's access to the pool when it cannot be properly supervised. Keep doors and gates that lead to the pool areas closed and locked. Consider the use of an approved safety cover or non-climbable fence.



Drain standing water from safety pool covers. (Use either pool cover pump, siphon hose, or simple bail with a bucket)



Keep chairs and other items children can climb on away from pool fences and gates.

# What you can do to be prepared...



Teach children over 3 years old to swim, but remember – it does not make them down-proof.



Parents, guardians, babysitters and anyone over the age of 14 should know CPR and update their skills every year.



Teach children how to dial the emergency phone number



Have a professional pool service technician perform an annual pool safety inspection.



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