

## ACCESSING SAFETY KNOWLEDGE (ASK) SHEET: WATER RECREATION – BACK YARD FUN

Summer time means the kids are out of school, families are planning their vacation getaways and there is nothing more fun and economical than having fun cooling down from the summer heat at a neighborhood pool, water park, splash pad, or having family fun at a local river, lake or beach. Whether you decide to have some backyard fun in your family swimming pool or squirting the kids with the garden hose or playing with water guns and running through the water sprinkler, it's important to practice basic water safety to prevent accidents.

An average of 10 unintentional drownings occur every day in the U.S. with 20% being children under the age of 14 while 50% are toddlers under the age of 4 years old in family swimming pools. Drownings remain the second-leading cause of unintentional injury-related death behind motor vehicle crashes. The main factors that affect drowning risk are the inability to swim, the lack of effective barriers to prevent unsupervised water access, a lack of close supervision while swimming, hazards at the swimming location, failure to wear life jackets, alcohol use, and seizure disorders.



### PRACTICE BACK YARD SAFETY:

- Learn First Aid & CPR and have a First Aid Kit with a CPR mask handy.
- Prepare the backyard for fun by cutting the grass and eliminating anything on the ground or imbedded in the lawn that can cause cuts, punctures or other potential harm. Get rid of any insects too like fire ants, .
- Set up water toys away from the cooking areas.
- Keep electronic devices, electrical cords and anything electrical away from contact with water.
- If shooting water guns, have kids wear safety glasses.

### POOL SAFETY

- The #1 pool safety rule is **SUPERVISION**.
- Learn how to swim and teach kids how to swim in a controlled environment designed for learning. The better swimmers we become the better chances we have at overcoming issues in the water.
- Learn how to perform a water rescue and know the hazards when approaching a potential drowning victim.
- Setting up effective barriers/fencing around pools, avoiding entrapments, avoiding illness and injuries, following rules, and knowing life-saving skills.
- Ensure there is always an adult responsible for watching kids while they are in the water. Telling a young kid to watch other kids is never acceptable. They have playing on their mind, not supervising their siblings or other kids. Don't pass the buck to someone else just so you can socialize. Take turns watching the kids.
- Never swim if you are not sober.

*Provided by the ASA – Houston Chapter Safety Committee*

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