

# Home Pool Safety

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# What I will cover

- Info and skills needed if you own a home pool or have access to one
  - Demonstrate basic life saving techniques
  - Safety precautions when hosting a pool party
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- For more info or training, Red Cross offers an online course at [homepool essentials.org](https://www.redcross.org/learn/home-pool-essentials).



# Safety Tips

- Most drowning incidents involving children between the ages of 1 and 4 years take place in home swimming
- Fundamental safety rules
  - Teaching your children not to go near the water without you.
  - Making sure children know the pool area is off-limits without constant, active adult supervision.
  - Providing constant, active supervision for children at all times.
  - Posting the rules for your pool and enforcing them without exception.

# Safety Tips ( cont..)

- Rules for your pool
  - Prohibit all dives into shallow water.
  - Post depth markers and “No Diving” signs as appropriate.
  - Allow dives only off the end of the diving board.
  - Do not allow more than one bounce on the end of the diving board. A person could miss the edge or slip off the diving board.

# Layers of Protection

- Enclose the pool area on all four sides using an appropriate barrier system.
- Pool fence gates should be self-closing and self-latching and should open outward, away from the pool.
- Always make sure that the gates are latched, and that the latches are out of the reach of children.
- Keep items away from the barrier (such as furniture) that a child could use to climb up and over into the pool area.
- Windows and doors leading to the pool area should have locks that are out of the reach of small children.
- All windows and doors leading to the pool area should have audible alarms.
- Install pool alarms.



Layers of protection are essential to help prevent drowning.

Plan ahead for aquatic activities:

Always swim in a lifeguarded area



Children, inexperienced swimmers, and boaters should wear U.S. Coast Guard-approved life jackets



Learn swimming and water-safety survival skills



Provide close and constant attention to children you are supervising in or near water



Fence pools and spas with adequate barriers, including four-sided fencing



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## 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



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# The Chain of Drowning Survival

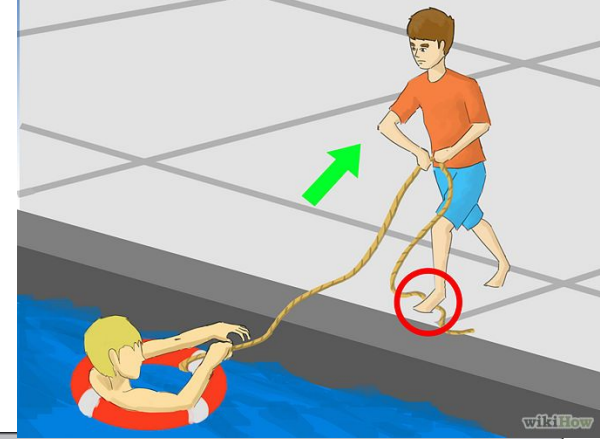
- Link in the chain of survival is to rescue a person in trouble and remove them from the water without putting yourself in danger.

<b>Skill</b>	<b>Skill Component</b>
Reaching Assist with Equipment	<ol style="list-style-type: none"><li>1. Brace yourself on the pool deck, pier surface or shoreline.</li><li>2. Extend the object to the victim.</li><li>3. When the victim grasps the object, slowly and carefully pull him or her to safety. Keep your body low and lean back to avoid being pulled into the water.</li></ol>
Reaching Assist without Equipment from the Deck	<ol style="list-style-type: none"><li>1. Brace yourself on the pool deck, pier surface or shoreline.</li><li>2. Reach with your arm and grasp the victim.</li><li>3. Pull the victim to safety.</li></ol>
Reaching Assist without Equipment from a Position in the Water	<ol style="list-style-type: none"><li>1. Hold onto a pool ladder, overflow trough (gutter), piling or another secure object with one hand.</li><li>2. Extend your free hand or one of your legs to the victim. Do not let go of the secure object or swim out into the water.</li><li>3. Pull the victim to safety.</li></ol>



# Throwing Assist

- To rescue someone beyond their reach in a pool or open water



Skill	Skill Component
Throwing Assist	<ol style="list-style-type: none"><li>1. Get into a stride position: the leg opposite your throwing arm is forward.</li><li>2. Step on the end of the line with your forward foot.</li><li>3. Shout to get the victim's attention. Make eye contact and say that you are going to throw the object now. Tell the victim to grab it.</li><li>4. Bend your knees and throw the object to the victim. Try to throw the object upwind and/or up current, just over the victim's head, so that the line drops within reach.</li><li>5. When the victim has grasped the object or the line, slowly pull him or her to safety. Lean away from the water as you pull.</li><li>6. If the object does not reach the victim, quickly pull the line back in and throw it again. Try to keep the line from tangling, but do not waste time trying to coil it. If using a throw bag, partially fill the bag with some water and throw it again.</li></ol>

# Wading Assist



- If water is safe and shallow enough (not over the chest), they can wade in to reach the victim.

<b>Skill</b>	<b>Skill Component</b>
Wading Assist with Equipment	<ol style="list-style-type: none"><li>1. Take a buoyant object, such as a life jacket or kickboard, to extend out to the victim.</li><li>2. Wade into the water and extend the object to the victim.</li><li>3. When the victim grasps the object, tell him or her to hold onto the object tightly for support and pull him or her to safety.</li><li>4. Keep the object between you and the victim to help prevent the victim from clutching at you in a panic.</li></ol>

# Pool Parties



- Home pool owners should have rules for their pool. Be sure that your guests are aware of and follow the rules.
- Do not serve alcoholic beverages to guests who are or will be participating in or helping to supervise water activities.
- Maintain cleanliness of the water. Water should be chemically treated and tested regularly.
- Identify or appoint responsible adults to supervise the pool when it is in use. These individuals or water watchers must understand and accept responsibility for monitoring the pool and should be trained in first aid, CPR and water safety.

# Calling for Emergency Help

- It is important that family members and caregivers know how to call for emergency help

## **Emergency: 911**

Police: (973) 564-7001

Fire: (973) 564-7035

Emergency Medical Services: (973) 564-7005

National Poison Control Center: 1-800-222-1222

Health Department telephone number: 973-564-7089

# Thank you for Listening!

If you want any handouts including the Chain of Drowning Survival or Home Pool Safety Checklist, please let me know!

