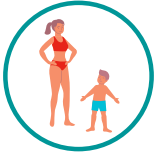# Atrium Health
Levine Children's

Pool Safety

Teach your child to always ask permission to swim.

Always watch your child around water.

Never let your child swim alone.

Have your child take breaks from the sun.

Don't allow horseplay near the pool.

Home pools must have a 4-sided, 4-foot-high fence with a self-closing gate.

Teach your child to follow pool rules.

Remove anything near a pool's fence that children can climb on to get into the pool, like tables, chairs or toys.

Don't let your child run near water.

When leaving the pool, make sure all gates, locks, safety covers and alarms are working properly.

Teach your child to check how deep the water is and get in the water feet first.

Close pool gates at all times.

When your child is tired, get them out of the water.

- Learn CPR and basic lifesaving skills.
- Teach children how to swim. Taking swimming lessons could save a child's life.
- Always supervise children around water. Children should NEVER be left alone.
- Teach your children pool safety rules and reward safe behaviors.

Water Safety

Keep these tips in mind when you and your children are around any body of water.

A child can drown in as little as 2 inches of water.
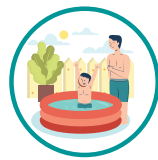
Assign a "water watcher" whose only job is to watch the children in the water. Switch roles often to ensure eyes are always on the water.

Even kiddie pools can be dangerous. Drain them after each use and store them upside down.

Open-water swimming is different from swimming in a pool. Take extra caution when swimming in open-water areas.
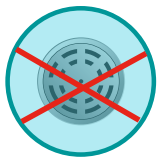
Teach children to stay away from drains.

When on, in or near open water, children should wear an approved personal flotation device (such as a life jacket).

Do not swim during thunderstorms.

Floats, inner tubes and swim wings are not lifesaving devices. Do not trust them with your child's safety.

Keep a cell phone with you near bodies of water to call 9-1-1 in case of an emergency.

Teach your children the "Throw! Don't Go!" policy for trying to help other people in trouble in water. Even younger children can learn to throw a swim ring, a rope or anything that floats to a person in trouble. Children should never jump in water to "save" someone else.