



How You Can Get Involved: Child Water Safety

Drowning was the leading cause of accidental death among Kern County children under age 6 & the 2nd leading cause for all children under age 18.

A drowning can happen in seconds and typically occurs when a child is left unattended or during a brief lapse in supervision. Kern Cares reminds all adults that drowning is preventable. Whether professionally or personally, every person in our community can play a role in protecting children and avoiding tragedy when children are near water.

If You Have A Few Minutes:

- Share water safety information on the Kern Cares website with families you know, especially teen parents, grandparent caregivers & foster parents.
- **- Kern Cares** www.kerncares.org
- Join the conversation by following us on Facebook & Twitter.
- **- Kern Cares Facebook** www.facebook.com/kerncares
- **- Kern Cares Twitter** www.twitter.com/kerncares
- Always empty water in buckets, ice chests & bathtubs. A child can drown in as little as two inches of water.
- A swimming pool is 14 times more likely than a motor vehicle to be involved in the death of children ages 4 & under. Keep toys, tricycles & other children's play things away from the pool or spa & remove all pool toys from the pool area when swim time is over so children aren't tempted.
- Toilets are overlooked as a source of drowning in the home. Keep toilet lids closed & use toilet seat locks.
- Once bath time is over, immediately drain the tub.
- Maintain constant eye-to-eye supervision with children around ANY body of water (pool, bath, buckets, etc.). A national study showed a parent/caregiver claimed to be supervising the child in nearly 9 out of 10 child drowning-related deaths.
- Appoint & clearly assign an adult to supervise children around ANY water, especially at social gatherings/parties.
- **- Water Watcher Program** www.waterwatcher.org
- During summer, pool parties are a popular theme for a child's birthday party here in Kern County. Consider hiring a lifeguard for large parties. Contact Bakersfield Recreation & Parks for recommendations.
- **- Bakersfield Recreation & Parks** 661-326-FUNN
- Install a phone, or keep a cordless phone, in the pool/spa area & post both emergency medical services phone numbers & your home address.
- **- 911 Emergency Services** 9-1-1

If You Have A Few Hours:

- Post & distribute materials on water safety from Kern Cares & partner agencies in your workplace, faith based organizations, etc.
 - Ensure a safer water environment by using active supervision, placing physical barriers around any pool such as a 4-sided fence & installing safety approved-pool & spa drain covers. Remove chairs or tables near the fence — they could be used by a child to climb over.
 - Make sure there a clear view (no trees or other obstacles) from the house to the pool or spa.
 - Don't allow children to play near or sit on pool/hot tub drains. Body parts & hair may become entrapped by the strong suction. Use drain covers & consider installing multiple drains to reduce suction.
 - Learn how to swim and/or enroll your child(ren) in swimming lessons.
 - **- Bakersfield Recreation & Parks** 661-326-FUNN & www.bakersfieldswim.us
 - **- Make A Splash (Ages 0-5)** 661-852-7430 & www.bakersfieldswim.us
 - **- American Kids** 661-589-2100 & www.americkidssports.com
 - **- North of the River Aquatics** www.norfun.org
 - Children with special needs have a much greater risk of drowning than other children. Contact Bakersfield's Arthritis Association Adaptive Aquatics Center for their schedule of adaptive swim lessons.
 - **- Arthritis Association Adaptive Aquatics Center** 661-322-9411
 - Learn how to administer CPR & other lifesaving techniques to children.
 - **- American Red Cross** 661-324-6427 & www.kernredcross.org
 - **- Make A Splash (Ages 0-5)** 661-852-7430 & www.bakersfieldswim.us
- ### If You Have More Time:
- Become an instructor in water safety & volunteer your time with families in your community.
 - **- American Red Cross** 661-324-6427 & www.kernredcross.org
 - Coordinate fundraising event at your work or school to raise money to provide swimming lessons for children in low income families & water safety classes for their parents.
 - **- American Red Cross** 661-324-6427 & www.kernredcross.org
 - Volunteer to be part of Kern County Search & Rescue.
 - **- Kern Sheriff's Department** 800-861-3110 & www.kernsheriff.com
 - Champion organizations that are addressing the need for water responsibility to prevent child drowning deaths & injuries by serving on their boards, providing financial or in-kind support.
 - **- Water Safety Coalition**
 - **- First 5 Kern** 661-328-8888 & www.first5kern.org

*Our Children. Our Community.
It's Our Responsibility!*

Visit www.kerncares.org & www.facebook.com/kerncares each month to learn important information & resources to promote child safety & well-being!



Swimming Safety Tips

Everything you need to know to keep your kids safe when swimming.

Whether it's a trip to the beach or a dip in the community or backyard pool, you can ensure that swimming is as safe as it is fun by following a few basic safety tips.

There Is No Substitute for Active Supervision

- Actively supervise children in and around open bodies of water, giving them your undivided attention.



- Whenever infants or toddlers are in or around water, an adult should be within arm's reach to provide active supervision. We know it's hard to get everything done without a little multitasking, but this is the time to avoid distractions of any kind. If children are near water, then they should be the only thing on your mind. Small children can drown in as little as one inch of water.

- When there are several adults present and children are swimming, use the Water Watcher card strategy, which designates an adult as the Water Watcher for a certain amount of time (such as 15-minute periods) to prevent lapses in supervision.

[Download a Water Watcher card](#)

Start Slow With Babies

- You can start introducing your babies to water when they are about 6 months old. Remember to always use waterproof diapers and change them frequently.



Educate Your Kids About Swimming Safely

- Every child is different, so enroll children in swimming lessons when you feel they are ready. Teach children how to tread water, float and stay by the shore.

- Make sure kids swim only in areas designated for swimming. Teach children that swimming in open water is not the same as swimming in a pool. They need to be aware of uneven surfaces, river currents, ocean undertow and changing weather.



- Whether you're swimming in a backyard pool or in a lake, teach children to swim with a partner, every time. From the start, teach children to never go near or in water without an adult present.

Drowning is the leading cause of injury-related death among children ages 1-4.



KERN COUNTY
Public Health Services
DEPARTMENT

For more information visit safekids.org.

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Dont' Rely on Swimming Aids

- Remember that swimming aids such as water wings or noodles are fun toys for kids, but they should never be used in place of a U.S. Coast Guard-approved personal flotation device (PFD).



Take the Time to Learn CPR

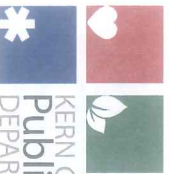
- We know you have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better.
- Local hospitals, fire departments and recreation departments offer CPR training.
- Have your children learn CPR. It's a skill that will serve them for a lifetime.

Take Extra Steps Around Pools

- A swimming pool is a ton of fun for you and your kids. Make sure backyard pools have four-sided fencing that's at least 4 feet high and a self-closing, self-latching gate to prevent a child from wandering into the pool area unsupervised.
- When using inflatable or portable pools, remember to empty them immediately after use. Store them upside down and out of children's reach.
- Install a door alarm, a window alarm or both to alert you if a child wanders into the pool area unsupervised.

Check the Drains in Your Pool and Spa

- Educate your children about the dangers of drain entanglement and entrapment and teach them to never play or swim near drains or suction outlets.
- Pools that pose the greatest risk of entrapment are children's public wading pools, in-ground hot tubs, or any other pools that have flat drain grates or a single main drain system.
- For new pools or hot tubs, install multiple drains in all pools, spas, whirlpools and hot tubs. This minimizes the suction of any one drain, reducing risk of death or injury. If you do have drains, protective measures include anti-entrapment drain covers and a safety vacuum release system to automatically release suction and shut down the pump should entrapment occur.
- Regularly check to make sure drain covers are secure and have no cracks, and replace flat drain covers with dome-shaped ones. If a pool or hot tub has a broken, loose or missing drain cover, don't use it.
- If you do have drains, protective measures include anti-entrapment drain covers and a safety vacuum release system to automatically release suction and shut down the pump should entrapment occur. Go to www.PoolSafety.gov for a list of manufacturers of certified covers.
- Check to make sure your pool or hot tub's drains are compliant with the [Pool and Spa Safety Act](#)

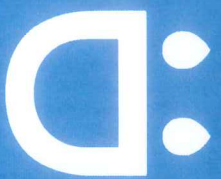


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Water Safety at Home

Everything you need to know to keep your kids safe in and around water at home.

Whether you're bathing your baby in the sink or splashing around with your toddler in the bathtub, water is great fun for kids. But it's also a place where safety must come first, so here are a few tips for kids who love to get wet.

Don't Leave Kids Alone in or Around Water

- Never leave your child unattended around water. We know it sounds strict, but there is no room for compromise on this one. Babies can drown in as little as one inch of water.



- Put the cell phone away, forget about all the other things you have to do and give young children 100 percent of your attention when they are near or around water.

- When using inflatable or portable pools, remember to empty them immediately after use. Store them upside down and out of children's reach. These types of pools can pose a drowning risk.

Remove Water From Tubs and Buckets After Use

- Once bath time is over, immediately drain the tub.
- Empty all tubs, buckets, containers and wading pools immediately after use. Store them upside down and out of children's reach.



Close Lids and Doors

- Keep toilet lids closed and use toilet seat locks to prevent drowning.
- Keep doors to bathrooms and laundry rooms closed.



Learn CPR

- Parents have a million things to do, but learning CPR should be on the top of the list. It will give you tremendous peace of mind – and the more peace of mind you have as a parent, the better.

Drowning is the leading cause of injury-related death among children between 1 and 4 years old. And it's the third leading cause of death among children.



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