
Aspiranet
~ May 2020~
Monthly Regulation Topic

~ **WATER SAFETY** ~

Supervision Requirements

- Adult supervision is required at all times when children are near any body of water (pool, hot tub, bathtub, lake, stream, beach, water slides, etc.).
- Children should never be left alone near a body of water - *even for a moment*.
- Children are **never** “drown-proof” or “water safe” even if they know how to swim. Adult supervision is always required.
- The adult supervising children in water must know how to swim and have current water safety training and First Aid/CPR.
- Actively supervise children whenever around water—even if lifeguards are present. Avoid distractions when supervising children around water.
- Use **F.A.C.E**: Focus your **A**ttention **C**onnect with **E**ach. Scan and connect with each child you are supervising. Never supervise more children than you can *individually* “connect” with.
- Air filled toys and swimming aids (wings) can give a false sense of safety, and are **not** a substitute for close supervision.
- Young children and all non-swimmers require “*Reach Supervision*” which is supervising *within arms length*. *Reach Supervision* should be used when young children are around any type of water including but not limited to: bathtubs, pools, wading pools, hot tubs, toilets, buckets, lakes, streams, wells, drainage ditches or other standing water.

Pool Specific Water Safety

- For Foster Families who have a pool, always have rescue equipment such as ring buoys or reaching poles, and a phone near the pool in the event of an emergency.
- Remove toys from in and around the pool when it is not in use. Toys can attract young children to the pool.
- Never prop open the gate to the fence surrounding the pool; always secure gate after use to prevent children from entering without an adult.
- If a child is missing, check the pool first. Seconds count in preventing death or disability. Go to the edge of the pool and scan the entire pool, bottom and surface, as well as the pool area.
- If a temporary inflatable swimming pool is being used, it **must** be drained after each use, unless it is fenced OR the foster children are 10+ years of age.
- Establish and strongly enforce pool rules of when use is allowed and more importantly, when *not* allowed.
- Foster Parents are strongly encouraged to obtain swimming lessons for all children who do not know how to swim.

Water Activities

- Children should always use a U.S. Coast Guard approved life jacket when boating, fishing, or playing at the ocean, near river or stream or when at risk for falling into a body of water (such as near a river bank). And remember to actively supervise, even if child is wearing a life jacket.
- All children must be taught water safety rules and Foster Parents are expected to strongly enforce them.

- Foster Parents must know the depth of water and any underwater safety hazards, prior to a child jumping or diving into the water. Children must be told to enter the water feet first the first time.
- Close adult supervision is required when children are using inflatable water “slides”; as water accumulated at the base can pose a drowning threat, in addition to the risk of injury. Inflatable water slides **must** be deflated after each use.

Understanding Risks

- Drowning is the second leading cause of accidental injury-related death for children ages 1 to 14 years.
- Drowning usually happens quickly and silently—many children who drown in home pools were out of sight for less than 5 minutes and in the care of one or both parents at the time.

The place where drowning is likely changes with age:

- Children under 1 year most often drown in bath tubs, buckets or toilets.
- Children ages 1 to 4 years most often drown in home pools.
- Older children most often drown in natural water settings.

Know the water hazards in your community and make sure children stay away. These hazards could include: drainage ditches, garden ponds, creeks and streams, wells, and canals

Recognizing an Emergency

- Many emergencies can happen quickly and silently.
- Know how to tell if a swimmer is in distress or is drowning. A distressed swimmer or drowning victim needs help immediately!
- A swimmer in distress may still try to swim but makes little or no forward progress. If not helped, a swimmer in distress will soon become a drowning victim.
- An **active drowning victim** may be vertical in the water but unable to move forward or tread water. An **active drowning victim** may try to press down with the arms at the side in an instinctive attempt to keep the head above the water.
- A **passive drowning victim** is motionless and floating face down on the bottom or near the surface
- Do not assume that a swimmer in distress is joking or playing around.

Responding to an Emergency

- If someone is missing, check the water first.
- Have reaching or throwing equipment available, such as a ring buoy or reaching pole to use for immediate assistance.
- Know how and when to call 9-1-1 and always have a phone nearby to be able to make an immediate call.
- Keep a well supplied first aid kit available.
- Have current water safety and first aid/CPR certification.

Source: American Red Cross. For further water safety information visit: www.redcross.org

Water Safety Certification Training Requirements:

Water safety certification training is required for foster families who:

- have a pool, hot tub, pond, etc. on the property of the approved Home
- participate in water activities where a Certified Lifeguard is not present (boating, pool, beach, lake, river, etc.)

NOTE: This annual Water Safety training does not satisfy the requirements for Water Safety Certification Training.

The following link is available for taking an online Water Safety Course. <https://jeanie-neal-n852.squarespace.com/content>

The course is created by an adoptive parent through foster care, who is also a swim instructor. The course is very thorough and involves reading important water safety topics that Foster Families encounter such as Supervision, Pool Safety, Open Water, etc.

There is a one question test and a Certificate upon request. **All foster parents are required to obtain a certificate:**

The course itself is free, but there is a small fee for the Certificate.

1 person named: \$8 2 people named: \$12. The certificate is valid for one year. The course is also available in Spanish.

IMPORTANT NOTE: The creator of this course is adamant about safety and supervision. As a result, the course includes a suggestion of tying a child to a picnic table if necessary, to keep young children from accessing open water. Please remember that this is never permitted and all California state regulations and agency policies must be followed at all times.

Please sign and return this page to your Aspiranet Social Worker for training credit.

My signature below indicates that I have completed the May 2020 "Water Safety" training.

Signature Foster Parent #1

Date

Print Name Foster Parent #1

Signature Foster Parent #2

Date

Print Name Foster Parent #2

Aspiranet Authorized Signature

Date

Training credit: ____ minutes