

Aspiranet

~ June 2023~

Monthly Regulation Topic

~ ANNUAL WATER SAFETY REVIEW~

The Importance of Water Safety

The American Red Cross notes that it only takes a moment for fun in or near water to become an emergency. A child or weak swimmer can drown in the time it takes to reply to a text, check a fishing line or apply sunscreen. Death and injury from drownings happen every day in home pools and hot tubs, at the beach or in oceans, lakes, rivers and streams, bathtubs, and even buckets.

- According to the CDC, drowning is the leading cause of unintentional injury-related death for children ages 1-4. For children ages 5–14, drowning is the second leading cause of unintentional injury death after motor vehicle accidents.
- 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 more likely to occur 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 and around your home, neighborhood, and community. These hazards could include: drainage ditches, garden ponds, creeks and streams, wells, and canals.

Use Layers of Protection In & Around Water

1. **Supervision:** First and foremost, provide close and constant supervision of children in or near water.

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 certification.
 - **Designate a Water Watcher:** especially helpful when in groups, this is an adult who has the skills, knowledge and the ability to recognize and rescue someone in distress or can immediately alert someone nearby who does or can, this person knows CPR, has a working phone to call for emergency help - 9-1-1, has a floatation device (not toy) and/or reaching object that can be used in a rescue, is **alert** and not under the influence of any substances or distracted by texting, telephone, or talking to others or reading. Rotate *Water Watcher* duties among adults at 15-30 min. intervals.
- **Actively** supervise children whenever around water—even if lifeguards are present.
 - Use **F.A.C.E:** Focus your Attention Connect with Each. Scan and connect with each child you are supervising. Never supervise more children than you can *individually* “connect” with.
- Use **Touch Supervision:** young children and all non-swimmers require “*Touch Supervision*” which is supervising *within arms-length*. *Touch 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.

2. Use Fencing or covers for pools & hot tubs:

- For any resource home with children under the age of 10 and/or children with physical, mental or developmental disabilities, a fence or other approved barrier is required.
- Even with a fence, it is vital to establish and strongly enforce pool rules of when use is allowed and more importantly, when *not* allowed.
- Teach children to always ask permission to go near any body of water.
- Never prop open the gate to the fence surrounding the pool; always secure gate after use to prevent children from entering without an adult.
- Always have rescue equipment such as ring buoys or reaching poles, and a phone near the pool in the event of an emergency.

3. Learn swimming & water survival skills

- Obtain swimming lessons for all children in your care.
- If you will be supervising children in or near bodies of water, and don't know how to swim, obtain lessons for yourself OR **only** frequent bodies of water with a lifeguard on duty.
- In and near open bodies of water - children, inexperienced swimmers, and all boaters should wear U.S. Coast Guard-approved life jackets.
- Swim in lifeguarded areas whenever possible

➤ *Know What to Do in an Emergency*

- If a child is missing, check the water first - seconds count!
- Alert the lifeguard, if one is present.
- Recognize the signs of someone in trouble and shout for help. A swimmer needs immediate help if they:
 - Are not making forward progress in the water.
 - Are vertical in the water but unable to move or tread water.
 - Are motionless and face down in the water.
- Rescue and remove the person from the water (without putting yourself in danger).
 - Whenever possible, have reaching or throwing equipment available, such as a ring buoy or reaching pole to use for immediate assistance.
- Ask someone to call 911, If alone, give 2 minutes of care, then call 911
- Begin rescue breathing and CPR

Water Safety Certification Training Requirements

Water safety certification training is required for resource 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 review does not satisfy the requirements for Water Safety Certification Training.

Water Safety Course

A certificate of completion is required for Water Safety Courses. Below are training options with certificates

1. A FREE Water Safety Course is available online through the American Red Cross:
<https://www.redcross.org/take-a-class> Go to “Take a Class” drop down menu – choose water safety
2. Jeanie Neal provides an online water safety course with a certificate for \$12. She is an adoptive parent through foster care and a swim instructor. The course is very thorough and includes many aspects of water safety.
<https://jeanie-neal-face-up-first-swimming.mykajabi.com/>

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

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html>

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

My signature below indicates that I have completed the June 2023 "Annual Water Safety Review" training.

Signature Resource Parent #1

Date

Print Name Resource Parent #1

Signature Resource Parent #2

Date

Print Name Resource Parent #2

Aspiranet Authorized Signature

Date

Training credit: ____ minutes