



Partners  
In Prevention

**COOPERATIVE EFFORTS:**



Stony Brook Children's  
STONY BROOK LONG ISLAND CHILDREN'S HOSPITAL



North  
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Steven & Alexandra Cohen  
Children's Medical  
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SWIM FOR LIFE  
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Suffolk Pediatric Society

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# Water Safety Water SMART

*"Drowning Prevention Through Education"*

Developed by



The Long Island Drowning Prevention Task Force has developed this "Water Safety, Water Smart" booklet for distribution to pediatricians, hospitals, schools, etc. to educate parents and caregivers about proper water safety.

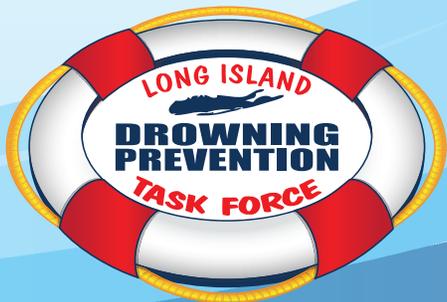
Research shows that learning water safety skills contributes to a child's cognitive, physical, and emotional development. **IT MAY ALSO SAVE LIVES!**

# Message to Parents

## Welcome

This guide has been developed to support efforts in keeping children safer. Your involvement is the most important factor in helping you prevent, prepare for and cope with water emergencies. The resources in this guide will provide you with useful tools to help make your children Water SMART (Safety Methods and Rescue Techniques).

Drowning prevention education is not 100% effective.  
This booklet is designed to help reduce the risk associated with drowning injuries and death.



# Do You Know the Facts?\*

- Drowning is the leading cause of unintentional injury deaths for children ages 1 – 4 and the second leading cause of unintentional injury deaths for children 1 – 14 years of age
- Most drownings happen in residential pools
- Most infants under the age of 1 drown in a toilet, sink, bathtub or bucket with as little as 2 inches of water
- For every child who drowns, four others are hospitalized for near drowning, and as many as three suffer permanent brain damage
- Typical medical costs for a near drowning victim can range from \$75,000 for initial emergency room treatment to \$180,000 a year for long-term care. Near drowning that results in brain damage can ultimately cost more than \$4.5 million
- **Supervision without distraction is the key to help prevent drownings;** swimming skills are also beneficial
- 9 out of 10 drowning deaths happen when a caregiver is supervising but not paying attention
- Complete four-sided isolation fencing could prevent 50-90% of child related drowning or near drowning

\*Source: NY State Department of Health(2007), Centers for Disease Control and Prevention, Safe Kids U.S.A.

# Layers of Protection

**Drowning is a silent event.**

**Don't assume you will hear a child who is in trouble in the water.**

**Here are some tips to help keep children safer:**

- Children should never be left unattended in or near a pool or any body of water, **not even for a minute.**
  - Assign or designate a water watcher.
  - Teach children and caregivers how to swim and learn basic swim safety instructions.
- Install 4-sided isolation fencing around the pool, not just the yard.
  - Use self-closing and self-latching gates, gate alarms, door alarms and motion detecting devices.
  - Install child proof doors and locks 54" high on interior doors.
  - Have rescue equipment on hand: Personal Flotation Devices (PFDs), Life Ring, Shepherd's hook.
- Have a telephone and emergency action plan by the pool.
  - Safety covers on all spas and whirlpools.
  - Teach all caregivers Infant, Child/Adult CPR, First Aid and Water Rescue Techniques.
  - Empty all inflatables, buckets, etc. of standing water.
  - Keep chairs, stools and tables away from fencing so a child can not climb over.

**Post and know CPR and pool safety rules.**

# Safety Checklist:

## Do you have?

- \_\_\_ Adult water watcher or Certified Lifeguard
- \_\_\_ Formal swimming instruction and water safety skills
- \_\_\_ Proper isolation fencing
- \_\_\_ Pool and gate alarms
- \_\_\_ Self closing and self latching pool gates
- \_\_\_ Interior door locks and alarms
- \_\_\_ Phone by pool
- \_\_\_ Life Ring, PFDs, Shepherd's hook
- \_\_\_ Infant, Child/Adult CPR & First Aid Training
- \_\_\_ Pool safety rules posted
- \_\_\_ Emergency 9-1-1 and CPR signs posted
- \_\_\_ Toilet seat locks (infant and toddler)
- \_\_\_ Buckets, wading pools, sinks and bathtubs emptied of standing water
- \_\_\_ Safety cover for your spa or whirlpool



## Drowning is a leading cause of death for children ages 1 to 4 on Long Island.

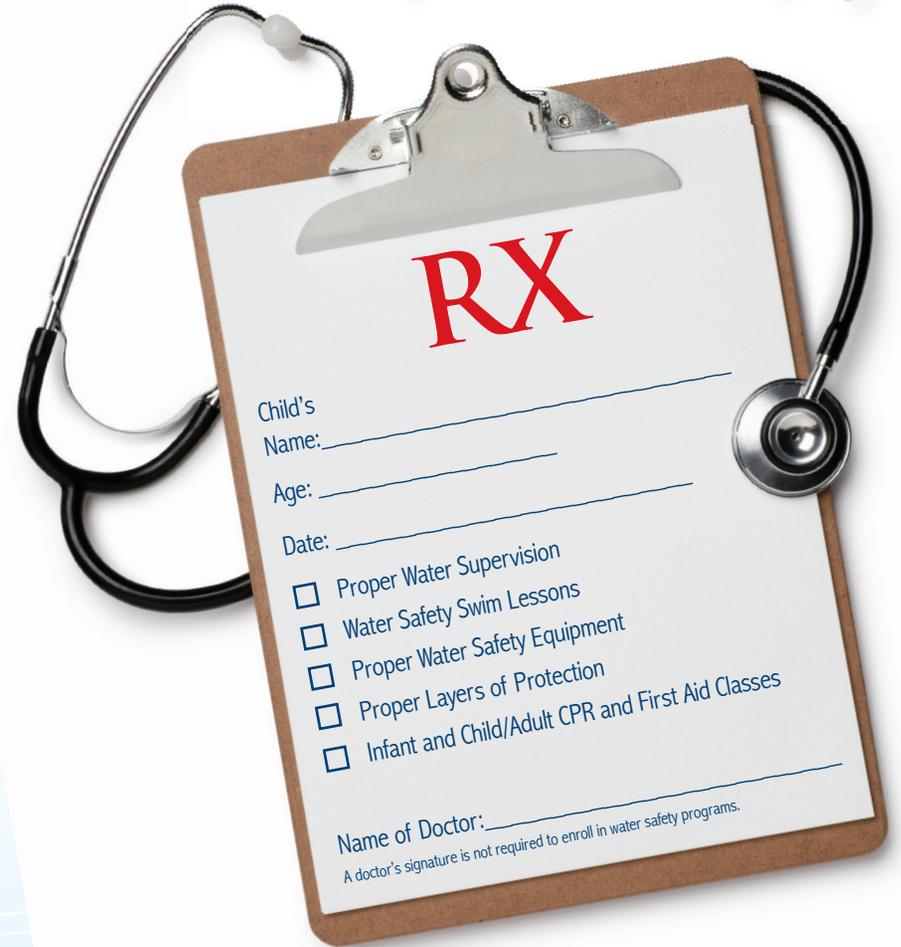
The American Academy of Pediatrics (AAP) accepts that children ages 1 - 4 may be less likely to drown if they have had formal swimming instruction. There is new evidence that children who have been introduced to water safety programs may stand a much better chance of survival in the event of a water incident.



Visit our website [www.LIDPTF.org](http://www.LIDPTF.org) for information on water safety, swim lessons, CPR and First Aid training and proper pool & water safety equipment.



## Prescription for Water Safety



*For information on where to find:*

- **Swimming lessons and swimming instruction**
- **Infant, Child/Adult CPR, First Aid Training**
- **Pool companies for proper pool safety equipment**

**Visit: [www.LIDPTF.org](http://www.LIDPTF.org)**

# What To Do If A Child Falls Into A Pool

- 1 Yell for help** and check the scene to make sure that you can safely help the child.
- 2 Get the child out** of the pool and onto the pool deck.
- 3 Check for consciousness** tap and shout, "Are you OK?".
- 4 If someone is with you, have them immediately call 9-1-1.**  
If the child has no normal breathing then begin CPR and continue until emergency help arrives.
- 5 If you are alone** and the child has no normal breathing then begin CPR.  
After one minute call 9-1-1. Return to the child and continue CPR until emergency help arrives.

-American Red Cross



**SAFER KIDS  
SAFER WATER  
SAFER RESPONSE**

**Proper Water Safety Education & Awareness Will Help Save Lives.**



## CPR REFERENCE CHART

**IMMEDIATELY CALL 911 • IF VICTIM HAS NO NORMAL BREATHING THEN BEGIN CPR COMPRESSIONS**  
Please cut out and save

**CPR is as easy as  
C-A-B**



**Compressions**  
Push hard and fast  
on the center of  
the victim's chest



**Airway**  
Tilt the victim's head  
back and lift the chin  
to open the airway



**Breathing**  
Give mouth-to-mouth  
rescue breaths

American Heart Association   
*Learn and Live*

# Have fun in the sun!



## SUN PROTECTION TIPS

- S** Shade- seek shade when possible
- U** Umbrella or wide brim hat- to protect face, ears and neck
- N** Notice the time- minimize direct sun from 10am-4pm
- S** Swimwear- wear swim shirts with UPF of 50 or more
- A** Apply sunscreen- (minimum SPF15) before leaving home
- F** Frequent reapplication- Every 1-2 hours and after swimming or perspiring
- E** Eyes- wear proper UV sun glasses



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The Long Island Drowning Prevention Task Force supports water safety education.  
No one agency, organization or swim school method is being endorsed.