



Children Drown without a Sound!

CAL FIRE and Riverside County Firefighters know all too well the tragic results of a child's death from drowning. Drowning is 100 % preventable.

ABC's of water safety

A = Adult Supervision. Assign an adult Water Watcher to keep their eyes on the water at ALL times.

B = Barriers. such as fences, self-closing and self-latching gates, pool motion sensors, window and door alarms.

C = Classes. Parents and Caregivers should take CPR and First Aid, and swimming courses that are available for both children and adults.

Children drown without a sound. Drowning is a quiet event.
There is no splashing, no screaming, and no noise at all.

- **Drowning** is one of the leading causes of unintentional or accidental injury-related **death to children ages 1-4 years** old in Riverside County.
- A submerged child can lose consciousness **in less than 1 minute-the time it takes to answer a phone** - and sustain permanent **brain damage in only 4-6 minutes.**
- Children under the age of five have **can have no fear of water** and no concept of death. Water is associated with play.
- Remember, it takes very little water for a child to drown. **Less than one inch of water** is all it takes to cover the mouth and nose of a toddler.
- From 2005-2009 Riverside County had **63 children** between the ages of 0-17 that **died in a drowning** incident. **54 of those children were under the age of 5.**

PREVENTION TIPS:

- **SUPERVISE!** Never leave a child alone near a pool or spa, bathtub, pond, toilet, bucket of liquid, or any standing water.
- Assign an adult Water Watcher to keep their eyes on the water at all times.
- Do not allow children to play near the pool or spa.
- Keep toilets lids down. Install safety latches on the toilet lids to prevent toddlers from opening and playing in the toilet.
- Empty wading pools immediately after use and store upside-down.
- Bath rings are only bathing aids, not personal floatation devices.
- Never rely on devices or swimming lessons to protect children without supervision.
- American Academy of Pediatrics advises against swim lessons until the 4th birthday.
- *Never drink alcoholic beverages before or during swimming or supervising children.*

BE PREPARED

- Learn CPR & First Aid
- Know your neighborhood and the homes your child visits. Is there a pool? Is it properly protected? If the children will be swimming, who will be supervising them?
- Learn how to swim and learn proper rescue techniques.
- Keep rescue equipment at near the pool. Do NOT use air-filled swimming aids (such as water rings) in place of life preservers. These devices can give parents and children a false sense of security, which may increase the risk of drowning.
- Keep a portable telephone and emergency phone numbers nearby.

WEBSITES FOR WATER & POOL SAFETY

www.rivcoips.org

Riverside County Children's Prevention Network

www.rvcfire.org

Riverside County Fire Department

www.riversidecounty.redcross.org

American Red Cross in Riverside County

www.drowningpreventionalliance.com

National Drowning Alliance

www.safekids.org

Safe Kids Worldwide

www.cpsc.gov

