

## Water Safety

- Never swim alone, use the buddy system and flotation devices.
- Never leave children near the water unattended.
  - 75% of submersion victims studied by the U.S. Consumer Product Safety Commission (CPSC) were between 1 & 3 years old; 65 % were boys. Toddlers, in particular, often do something unexpected because their capabilities change daily.
  - One or both parents were supervising most children.
  - 46% of the children were last seen in the house.
  - 69% of the children were not expected to be at or near the water.
  - Barriers (fence, door alarms and safety latches) are not childproof, but they provide layers of protection.\*
  - Appoint a "designated watcher" to protect children during social gatherings near the water.
  - Do not leave toys near the water, they can attract young children to the water.
  - Do not consider young children to be drown-proof because they have had swimming lessons.
  - Instruct babysitters about water hazards.
- Keep a flotation device handy that you can throw to someone in trouble.
- Learn CPR. Babysitters and other caretakers, such as grandparents and older siblings, should also know CPR.
- Have a dog ramp. Tragically, every year several dogs fall into our waterways and drown. If you have a dog please build a dog ramp.
- Heavy rains may pollute the waterways don't swim in the waterways for several days after a heavy rain.
- Entering cold water can "freeze" the muscles in your body and cause even good swimmers to go down. Toddlers & infants especially go straight to the bottom. It is nearly impossible to find someone under water at night in cold, cloudy water in time to save their life.
- Barnacles along the bulkhead and pilings are very sharp and can cut like a razor. Cuts from barnacles can cause severe infection, some life threatening.\*

\* References on Barnacle Infections:

<http://www.chesapeakeboating.net/Publications/Chesapeake-Bay-Magazine/2006/May-2006/Just-a-Scratch-.aspx>

[http://www.diversalertnetwork.org/medical/articles/Marine\\_Life\\_Trauma](http://www.diversalertnetwork.org/medical/articles/Marine_Life_Trauma)

\* Pool safety for home pools:

<https://www.cpsc.gov//PageFiles/122222/pool.pdf>

