



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAVING LIVES ONE LESSON AT A TIME Tampa Metropolitan Area YMCA

The Tampa YMCA is committed to reducing the number of accidental drownings in our communities. We feel it's our responsibility to increase awareness of the risks and preventative measures associated with pools and water recreation. Did you know that our state experiences double the national average when it comes to the number of children under the age of 5 who drown?

Since most of these drownings happen in residential swimming pools, it is vital that parents and other adults in our community adopt and practice as many water safety steps as possible. You can never know which safety measure will save a life – until it does.

The following list outlines the water safety steps that you can and should take to help keep your family safe.

Supervision

- Never leave a child unattended in a pool, spa or bathtub and always watch your child when they are in or near any depth of water
- Teach children basic water safety tips
- Avoid entrapment by keeping children away from pool drains, pipes and other openings
- Have a phone close by at all times when you or your family are using a pool or spa
- If a child is missing, look for them in the pool or spa first
- Share safety instructions with family, friends and neighbors

Knowledge

- Learn to swim
- Learn to perform CPR on children and adults; update those skills regularly
- Understand the basics of life-saving so that you can assist in a pool emergency

Equipment

- Install a four-foot fence around the perimeter of the pool and spa and use self-closing and self-latching gates
- Ask your neighbors and community groups to do the same at all residential pools
- If your house serves as the fourth side of a fence around a pool, install a door alarm and use all the time
- Ensure any pool and spa you use has compliant drain covers; ask if you do not know
- Maintain pool and spa covers in good working order
- Have life saving equipment such as life rings or floats available for easy use



Visit www.tampaymca.org for more information on Y swimming lessons and to find the location nearest you. The Y also recommends www.poolsafely.gov and www.hillsboroughwatersafetyteam.org for more safety tips and activities you can use to help keep your child safe in and around the water.