

## **Pool Safety Tips**

**Brighton Volunteer Ambulance**

School's out, warm weather's here, and it's time for swimming! Here are some tips from Brighton Volunteer Ambulance for staying safe around the pool.

- Don't leave a child alone in or near the water. Ever! Keep your eyes on the child and don't leave them alone—even for a second.
- Teach your children basic water safety.
- Take your child with you if you leave the area.
- Make sure lifesaving equipment is always kept nearby (e.g., a shepherd's crook, life preserver, personal floatation device).
- Be aware of the danger of playing around water—even if the child isn't allowed to go in the pool, they could still fall in accidentally.
- Learn how to swim and teach your children how to swim. Contact your local Y or American Red Cross for swimming and water safety classes.
- Follow all town and local ordinances for completely enclosing the pool. The best enclosures are self-locking, self-closing fences with vertical bars.
- Never dive in shallow or unfamiliar water.
- Don't swim alone or if you are under the influence of alcohol or drugs.
- Don't swim if thunder and lightning are in the area.
- Have a phone close by and call 911 in an emergency.
- Learn CPR yourself and insist that those who care for your child know CPR (don't forget grandparents and older siblings). Brighton Volunteer Ambulance offers courses in CPR aid and first aid ([www.brightonambulance.org](http://www.brightonambulance.org)).
- Don't leave furniture near the fence that might enable children to climb over the fence.
- Check the pool first if a child is missing. Stand by the edge, and scan the bottom of the pool and surrounding area.

- Teach your children to keep away from pool drains, pipes and other openings to avoid being trapped. Be sure that any pool you are using has compliant drain covers (ask your pool company if you don't know).
- Consider using a pool alarm (surface wave or underwater) and alarming the fence gates.

**Pool Safety Toolkit:**

Create a pool safety toolkit and keep it near the pool or spa. Include:

- A first aid kit
- A pair of scissors to cut hair, clothing or a pool cover, if needed
- A charged portable phone to call 911
- A flotation device

This information comes from Brighton Volunteer Ambulance, 1551 Winton Road South, Rochester, N.Y. 14618, (585) 271-2718, [www.brightonambulance.org](http://www.brightonambulance.org) or follow us on Facebook.

Brighton Volunteer Ambulance (BVA), a nonprofit independent volunteer ambulance service, provides advanced and basic life support emergency medical services to Brighton residents. BVA also provides community education in cardiopulmonary resuscitation (CPR), the use of automatic external defibrillators (AED) and other EMS related services. To learn more, visit [www.brightonambulance.org](http://www.brightonambulance.org)