



## Summer Water Safety

As the school year rapidly draws to a close, please remember water safety. Unfortunately, each year in the Dallas area, there are hundreds of serious accidents involving children playing in the water and about a dozen drowning deaths. The truly tragic part of these injuries is that all of them are PREVENTABLE with a few common sense rules.

- Teach your child to swim. A certified instructor can teach children less than two years of age to tread water for up to 5 minutes, buying valuable time if they accidentally fall in a pool.
- No one swims alone. Ever. For any reason.
- An adult should always be present and paying attention when children are in the water. A large number of drownings occur at parties where multiple adults are poolside, but no one is watching the children.
- Locked, childproof gates should surround home pools. Young children wandering to an unattended pool is a leading cause of drowning deaths.
- Never let children dive into a pool less than 8 feet deep. Each year there are spinal cord injuries from children diving into shallow water.
- Do not flip from the side of the pool. Kids can hit their heads and be knocked out.
- Lifejackets must be worn by children on boats and jet skis.
- Learn CPR. Local classes are offered by multiple organizations in your area.
- Teach your children to call 911 in an emergency.

Please take a moment to go over this information with your family. A quick refresher on water safety can help prevent a tragedy. Please feel free to pass this information on to other families with children.

Please note: These guidelines are not meant to diagnose any condition, or treat any condition not diagnosed by a physician. They are provided for general information only. If you are concerned about your child's condition, call a physician or 911 immediately.