

## Pool Safety Checklist:



- Is there an adult Water Watcher assigned to the pool at all times when children are present?
- Is there a fence at least four feet high that separates the pool from the house or common area?
- If there is no fence, do doors and/or windows leading to the swimming area have locks installed that are out of reach for children?
- Do all fences, gates and doors have self-closing, self-latching devices on them?
- Is the pool gate locked when not in use?
- Are all objects away from the fence to discourage children from climbing over? For example, chairs, tables or toys.
- Are all toys out of the pool area?
- Are there ladders or steps at each end of the pool?
- To make climbing out of the pool easier, is the water level three or four inches from the top of the pool?
- Do you have rescue equipment such as a lifesaving ring, shepherd's hook, CPR sign and a phone near the spa and/or pool?
- Are adult family members, friends and babysitters trained in CPR?

The City of Encinitas Fire Department and Encinitas Kids remind you to practice water safety.



To receive your free Pool Safety Kit, call the Encinitas Fire Department at (760) 633-2800 or visit the City of Encinitas website at [www.encinitasca.gov](http://www.encinitasca.gov)



City of Encinitas  
Fire Department  
505 S Vulcan Avenue  
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## Encinitas Fire Department Safe Swimmer Program



## Water Watchers Save Lives





## Watch

Drowning is the leading cause of injury-related deaths in California for children under the age of 5 and the second leading cause of death in children under 14. Small children often “drown without a sound,” even when adults are present. It’s often assumed that “someone” is watching the pool.

The Encinitas Fire Department is dedicated to increasing public awareness to prevent these unnecessary accidents. We encourage you to appoint a responsible adult “Water Watcher” to supervise children during pool and spa activities.

To help parents and care givers, free lanyards are available at all Encinitas Fire stations. Wear the lanyard while supervising children at pools and spas. When you need to take a break, pass the lanyard on to another responsible adult.

For more water safety information, visit the City of Encinitas website at [www.encinitasca.gov](http://www.encinitasca.gov)

## Act

- Assign an adult Water Watcher to supervise and maintain constant “eye to eye” contact with children in the pool or spa area, especially during social gatherings.
- Always make sure there is an **adult** replacement Water Watcher before leaving.
- Learn CPR and swim rescue techniques.
- Children can drown in just a few inches of water. Never leave a child alone near any body of water in which the child’s nose and mouth may be submersed.
- Young children should never be considered water safe despite their swimming skills, previous instruction or experience.
- Access to a pool and/or spa should be limited by a non-climbable fence that is self-closing and self-latching. The latch should be 54" above the floor.
- Life preservers or previous swimming lessons should not be relied upon as prevention from drowning.
- Teach children the most effective way to get out of a pool or spa quickly.
- Post CPR instructions and the 9-1-1 emergency phone number in the pool area.
- Teach children pool and spa safety, including no running, pushing or jumping on playmates in or near the water, and no diving or jumping into shallow water.

## Help

- If a child is missing, check the pool first.
- Yell for assistance.
- Throw the person something that floats (life preserver, inner tube or pool toy).
- If possible, get the child out of the pool without endangering yourself.
- Call 9-1-1 immediately and stay on the line.
- Check for consciousness, tap and shout, “ Are you OK?”
- If CPR is needed, begin immediately.
- If you are not trained in CPR, follow the instructions from the 9-1-1 operator until help arrives; don’t hang up until help arrives.

