



POOL SAFETY TIPS:

- **LEARN TO SWIM**



Register for lessons at:

<https://www.phoenix.gov/parks/pools/programs>

For information call 602-534-6587 or email at aquatics.pks@phoenix.gov

- **LEARN CPR**
- **NEVER SWIM ALONE.**
- **NEVER SWIM UNDER THE INFLUENCE OF ALCOHOL OR MEDICATIONS.**
- **NEVER SWIM WHEN YOU HEAR THUNDER OR SEE THE LIGHTENING.**
- **NEVER DIVE INTO AN UNFAMILIAR BODY OF WATER OR THE SHALLOW END OF A POOL.**

SHARE THIS

WITH FAMILY & FRIENDS

Remember, just a few seconds is all it takes for a child to drown.

Keep water play safe and fun!



FOR MORE INFORMATION ON

WATER SAFETY

CALL THE CITY OF PHOENIX

FIRE DEPARTMENT
COMMUNITY INVOLVEMENT SECTION

602-262-6910

OR VISIT THE WEBSITE

www.phoenix.gov/fire

LEARN CPR

May 2023

WATER SAFETY



DROWNING ZERO

Sadly, just a few seconds is all it takes for a child to drown.

Drowning is a leading cause of death for children, according to the CDC. In the United States, more children ages 1–4 die from drowning than any other cause of death except birth defects.

Over the last three years, the city of Phoenix has seen an increase in water safety incidents and deaths in our pediatric population.

There is no replacement for constant adult supervision of children around water.

Drownings are often silent events in which children slip soundlessly under the water. Scan the water constantly and keep a headcount of swimmers.

In the event of a Drowning, call 911 as soon as possible and stay on the line with 911 dispatchers. Our dispatchers will deliver CPR instructions and gather pertinent information regarding the incident.

Visit www.phoenix.gov/summer for more information about how you can protect your loved ones and help us achieve **#DrowningZero**

HOW TO PREVENT DROWNING:

- Use an approved barrier to separate the pool from the house.
- **NEVER** allow children to be alone near a pool or any water source. This includes bathtubs, buckets, toilets, lakes, ponds, rivers, and canals.
- Have life-saving devices near the pool, such as a hook, pole, or floatation device.

- Keep large objects such as tables, chairs, tricycles, and ladders **AWAY** from pool fences.
- List 9-1-1 on your cell phone and keep it with you near the pool.
- **NEVER** leave children unattended in or around a pool. **ALWAYS** have a designated **WATER WATCHER**.



- Do not allow children to play in the pool area. Store all toys out of the pool area. Empty kiddie pools and buckets.
- If you leave the pool area, **ALWAYS** take the child (children) with you.
- Lock doors and windows and secure doggie doors that lead to pools.
- Make it a habit to close doors to laundry rooms and bathrooms.
- Enclose your yard and pool with a self-closing, self-locking gate, and fence with vertical bars. Have multiple barriers in place as added measures such as pool alarms.
- When near a pool, lock any pool gates each time someone enters or exits. **NEVER** prop a gate open.
- Wear a life jacket when boating.

IF YOU ENCOUNTER A VICTIM THAT HAS DROWNED/SUBMERGED

- **SAFELY** remove the victim from the water.
 - If it is unsafe to do so (victim in canal, unsafe body of water, deep-water, fast-moving water) immediately keep others from entering water and call 911.
- Designate **one** person to call 911 and stay on the phone with dispatch.
 - Look, point, and say “You! Call 911”
 - Dispatch will provide guidance on CPR and collect information for firefighters.
- Assess if victim is breathing on their own, if not, begin **QUALITY CPR**:
 - Infant: encircle child with 2 hands and compress with thumbs at 100 compressions per minute. Continue until patient begins breathing on their own or until first responders arrive.
 - Child: lay victim on flat surface and begin one-handed compressions at 100 compressions per minute. Continue until patient begins breathing on their own or until first responders arrive.
 - Adult: lay victim on flat surface and begin two-handed compressions at 100 compressions per minute. Continue until patient begins breathing on their own or until first responders arrive.

LEARN CPR

UNITED PHOENIX FIREFIGHTERS LOCAL 493 CPR CERTIFICATION

The United Phoenix Fire Fighters Charities offers training in American Heart Association CPR/AED and First Aid classes. All classes are open the community and there is no pre-registration. Class participants will receive an American Heart Association Card at the end of training. The fee for the class is \$40.00 per person. CPR/AED and CPR/First Aid Courses – Held the 2nd and 4th Wednesday of every month at 5 pm. Washington Activity Center located at 2240 W Citrus Way, 23rd Avenue just north of Bethany Home Road. No courses held on major holidays and the week of Thanksgiving, Christmas, and New Year’s. We also offer classes to groups of 8 or more held at your location. For more information, please call our office at [602-277-1500](tel:602-277-1500) and ask for Kenny Nixon or email at knixon@Local493.org. Please allow 24 hours for a return call or email.