

WATER SMART KIDS

IN
COLLIER
COUNTY



MESSAGE TO PARENTS

Welcome

The NCH Safe & Healthy Children's Coalition of Collier County has developed this guide to support your efforts keeping your children safe around water. Your involvement is the most important factor in helping you prevent, prepare for, and cope with emergencies. The resources contained in this guide provide useful tools to help make your children safer around water and teach Water SMART (Safety Methods and Rescue Techniques).

Please take a few moments to review this guide, including the information about locations for water safety lessons, CPR training and safety equipment.

Drowning is the leading cause of death for children ages 1 to 4 in Collier County. For every child who drowns, four others are hospitalized for non-fatal drownings, some of these result in permanent brain injury.

For more information, please visit watersmartcollier.com or connect with us on Facebook and Instagram. You can also reach us by email SafeHealthyChildren@nchmd.org or by calling 239-624-4033.

Thank you,
NCH Safe & Healthy Children's Coalition
WaterSmartCollier.com

WATER SAFETY LESSONS

Find a pool in your area that offers certified water safety lessons.

City	Facility	Address	Contact Information
Immokalee	Immokalee Sports Complex	505 Escambia St.	239-252-8811 collierparks.com
Marco Island	YMCA of Collier County South Campus	101 Sand Hill St.	239-394-9622 ymcacollier.org
Naples	Golden Gate Aquatic Facility	3300 Santa Barbara Blvd.	239-252-6128 collierparks.com
	YMCA of Collier County North Campus	5450 YMCA Road	239-394-9622 ymcacollier.org
	Naples SWIM School	13275 Livingston Road	239-591-0204 naplesswimschool.org
	River Park Aquatic Center	451 11th Street North	230-213-3040 naplesgov.com
	Donna Fiala Eagle Lakes Community Park	11565 Tamiami Trl E	239-252-3527 collierparks.com
	Sun-N-Fun Lagoon	15000 Livingston Rd.	239-252-4021 collierparks.com
	Swimtastic Swim School	871 Vanderbilt Beach Rd. <i>Located inside LA Fitness</i>	239-260-4926 swimtastic.com
	Big Corkscrew Island Regional Park	810 39th Ave NE	239-252-4908 collierparks.com
Bonita Springs	Bonita Springs YMCA	27200 Kent Rd.	239-221-7560 ymcaswfl.org
	Goldfish Swim School	12600 Trade Center Dr	239-256-7033 text or call goldfishswimschool.com

Many of the certified aquatic centers listed above offer private lessons. Contact directly for more information.

Private, semi-private and small group swimming lessons:

- Tenley's Aquatics, Inc. 305-814-7946
- The Neighborhood Mermaid 786-897-0397
www.neighborhoodmermaid.com
- Essential Swim Lessons 239-465-8602

Swim Scholarship

The Florida Drowning Prevention Foundation offers swim scholarships for FREE swim lessons to children & adults.

Call (239) 919-2001 for more information!

Scan QR code on the right for the link to apply

Discount

Some aquatic facilities will provide a discount towards the first set of swim lessons. Parents/caregivers must check with aquatic facilities about discounts and present this booklet at time of registration to receive discount.



CHECK THE WAYS YOU CAN HAVE SAFER WATER

**Remember: A child can drown in water that goes up to your ankle.
There is no such thing as a safe end of the pool.**

- Install alarms on all doors and windows that lead outside.
- Install locks at least 54 inches high (that's 4 ½ feet or 1.4 meters) on all doors, including sliding glass.
- Keep windows locked as well or install window screens.
- If there is a swimming pool near your home, make sure a high fence goes all the way around it. The gate should close and latch by itself.
- Make sure everyone who cares for your child, like grandparents, neighbors or babysitters, also have fences, locks and alarms.
- Make sure everyone who cares for your child knows about nearby water dangers such as ponds, ditches, lakes, canals.
- Keep chairs, stools, tables away from fencing so your child cannot climb over.
- Empty plastic and blow-up pools before taking your child inside. Turn empty plastic buckets or flowerpots upside down so they cannot collect rainwater.
- Empty or drain bathtubs as soon as bathtime is over.
- Install safety covers on all hot tubs.
- Remove ladders from above ground pools after each use. Keep chairs and tables away from above ground pools so your child cannot climb in.
- Do not let your child play near pool drains because children can get stuck on them.



For More Safety Tips Visit

- National Drowning Prevention Alliance at NDPA.org
- American Red Cross at RedCross.org
- NCH Safe & Health Children's Coalition at WaterSmartCollier.com

CHECK THE WAYS YOU CAN HAVE SAFER KIDS

- When your child is bathing or playing in or near water, **KEEP YOUR EYES ON THEM AT ALL TIMES. NO TEXTING or TALKING ON THE PHONE.** It only takes seconds for a child to drown.
- **NEVER SWIM ALONE.** Teach your child to never play in or near water unless a grown up is watching.
- Take your child to swimming lessons. All family members should know how to swim.
- Swim at lifeguarded public pools and beaches when available.
- Have a Lifeguard or designated Water Watcher at events at or near water.
- Watch your children carefully. Lifeguards are not babysitters.
- Put a U.S. Coast Guard approved life vest on all children who can't swim.
- Don't trust blow-up rings or armbands also known as floaties or water wings. These are toys and can't keep your child safe. Use a Puddlejumper instead.



**Life Jacket Loaner
Stands are available
at Sugden Park and
15 public beaches in
Collier County**



CHECK THE WAYS YOU CAN PLAN FOR A SAFER REPONSE

- IF YOUR CHILD IS MISSING, CHECK NEARBY POOLS AND OTHER WATER AREAS FIRST. Remember it only takes seconds for a child to drown.
- Keep a phone near the pool, but only for emergencies.
- Never jump in the water to rescue someone. You both could drown. Call for help and reach out with something they can grab, like a pole or swim noodle, then pull them to safety.
- Make sure you, the grandparents and baby sitters are trained in CPR. This booklet has phone numbers and websites to learn CPR.
- If your car or truck ever goes off the road and lands in water, you only have seconds to get out. You do not have time to call for help. Have a tool in your car that can cut the seat belt and break the windows.



**Scan this QR code to watch some short
videos on how to escape a sinking car.**



SAFETY DEVICES

For Pool Fencing Information & Installation visit:

- **Florida Swimming Pool Association (FSPA)**
flordiapoolpro.com
- **Just Against Children Drowning Foundation**
justagainchildren drowning.org



CPR CLASSES

To find CPR classes for infants and children, search online for CPR classes or check with your local fire department, hospital or American Red Cross.

Organization	Phone	Website
American Red Cross	239-596-6868	redcross.org
NCH Women's & Children's Resource Center	239-624-6224	nchmd.org
Physicians Regional Healthcare System	239-354-6085	physiciansregional.com
Collier CPR and Safety Training	239-537-0495	colliercpr.com
CPR - Infant, Child & Adult	239-289-1654	
Safe Kids Southwest Florida	239-343-6199	leehealth.org
Immokalee Fire Control District	239-657-2111	immfire.com
Marco Island Fire Rescue	239-389-040	
North Collier Fire Control & Rescue	239-597-3222	northcollierfire.com
Greater Naples Fire Rescue	239-348-7540	
Every HeartBeat Training	417-274-2367	

BASIC CPR

Call 911

Continue cycles of compressions and breaths until victim shows signs of life or Emergency Services arrives.

STEP 1	SURVEY THE SCENE Make sure it is safe for you and the victim. DO NOT BECOME ANOTHER VICTIM
STEP 2	CHECK FOR UNRESPONSIVENESS Tap the victim on the shoulder and shout. "ARE YOU OKAY?" INFANTS: TICKLE OR PINCH DO NOT HIT OR SHAKE AN INFANT. CALL 911 and get an AED!
STEP 3	CHECK FOR BREATHING for 5-10 seconds if the victim is NOT BREATHING or breathing abnormally begin CPR!

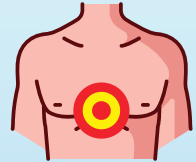


COMPRESSIONS

Remove any clothes that are in the way of performing CPR or use of an AED

Adults: Puberty and Older

1. Lay the victim on their back on the floor.
2. Place the heel of one hand on the center of the chest (the lower half of the sternum).
3. Place the other hand on top and interlock your fingers. Keep your arms straight.
4. Compress straight down at least **2-2.4 inches 30 times**, at a rate of at least **100-120 per minute**.
5. Allow the chest to fully recoil between every compression



Child: 1-Year through Puberty

1. Lay the victim on their back on the floor.
2. Place the heel of one hand on the center of the chest (the lower half of the sternum).
3. Place the other hand on top and interlock your fingers. Keep your arms straight.
4. Compress straight down at least **$\frac{1}{3}$** the depth of the chest (**about 2 inches**) **30 times**, at a rate of at least **100-120 per minute**.
5. Allow the chest to fully recoil between every compression

Infant: 1-Year and Younger

1. Lay the victim on a flat, hard surface.
2. Place two fingers on the breastbone slightly below the nipple line.
3. Place the other hand on the victim's forehead.
4. Compress straight down at least **$\frac{1}{3}$** the depth of the chest (**about 1 ½ inches**) **30 times**, at a rate of at least **100-120 per minute**.
5. Allow the chest to fully recoil between every compression



AIRWAY AND BREATHING

1. Place one hand on the forehead and two fingers on the bony part of the chin.
2. **Do a head-tilt/chin-lift.** (*Smaller victims, tilt the head less.*)
3. Give Rescue Breaths
 - a. **For Adults and Children:** Pinch nostrils closed and give **2 breaths**, so the chest rises
 - b. **For Infants:** Seal your mouth around their nose and mouth. Give **2 small breaths**.
4. If breath did not go in, re-tilt the head and retry the breath.
5. Resume Compressions
 - a. Continue cycle of **30 compressions** and **2 breaths** until help arrives.



30 Compressions x 2 Breaths

AED

1. Turn on the AED and follow voice prompts.
2. Remove the victim's shirt.
3. Make sure the chest is dry.
4. Remove any medical patches.
5. Remove any extra hair if the pads do not stick.
6. Look at the images to be sure where to apply the pads on the victim.
7. Place pads on the victim's bare chest.
8. If NO Shock Advised and if the AED advises, immediately resume compressions.
9. If SHOCK ADVISED, after shock immediately resume compressions.
10. The AED will prompt you to stop CPR every 2 minutes to reanalyze the heart.



CPR VIDEOS

Scan this QR code to watch some short videos on how to perform CPR on an infant or child.



CONSCIOUS CHOKING

Adults & Kids

1. Ask the victim, "Are you choking?"
2. If unable to make any noise send someone to CALL 911
3. Ask the victim, "May I help you?"
4. If the victim agrees, take a wide stance behind them.
5. Place one finger in the belly button.
6. With the other hand make a fist and place it slightly above the finger in the belly button.
7. Take your hand and place it on tip of the fist.
8. Thrust in and up.
9. Each thrust is a separate attempt to get the object out.
10. Repeat until object is dislodged.

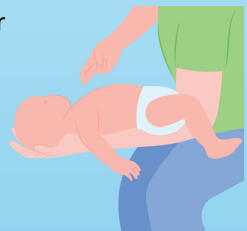


If the victim goes unconscious, lay them on a hard surface and go to step 3.

CONSCIOUS CHOKING

Infants

1. Place one hand on the jawbone.
2. Be careful to support the head.
3. Position the infant on your forearm.
4. Ensure that the infant's head is lower than its chest.
5. Using the heel of your hand, hit the infant 5 times between the shoulder blades.
6. Place palm on skull and sandwich the victim between your forearms.
7. Roll victim onto your other forearm.
8. Place two fingers on the breastbone slightly below an imaginary line between the nipples.
9. Compress straight down $\frac{1}{3}$ depth of the chest (about 1 $\frac{1}{2}$ inches) 5 times.
10. Repeat until object is dislodged.



If the victim goes unconscious, lay them on a hard surface and go to step 3.

PRESCRIPTION FOR WATER SAFETY

Take this prescription to your local aquatic facility to sign up for your child's water safety lessons

Child's Name _____

Age: _____ Today's Date: _____

☐

Water Safety Lessons*

Child and Infant CPR and First Aid Classes

☐

Door Alarms and Pool Fencing Information

Name of Doctor's Office: _____

Doctor's Signature: _____

A doctor's signature is not required to enroll in water safety programs.

***DISCOUNTS - Some aquatic facilities will provide a discount towards the first set of swim lessons. Parents/caregivers must check with the aquatic facilities about these discounts and may need to present this prescription at time of registration to receive the discount. This prescription is not for free swim lessons.*



WaterSmartCollier.com



Notes: _____



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