

# 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 in keeping your children safer around the water. Your involvement is the most important factor in helping you prevent, prepare for and cope with emergencies. The resources contained in this guide will provide you with useful tools to help make your children safer around the water and 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, visit us on Facebook, [WaterSmartCollier.com](http://WaterSmartCollier.com), email us at [SafeandHealthyChildrensCoalition@nchmd.org](mailto:SafeandHealthyChildrensCoalition@nchmd.org) or call us at 239-624-4033.

**Thank you,  
NCH Safe & Healthy Children's Coalition of Collier County  
[WaterSmartCollier.com](http://WaterSmartCollier.com)**

# WATER SAFETY LESSONS

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

City	Facility	Address	Contact Information	Age
Immokalee	Immokalee Sports Complex	505 Escambia St.	239-657-1951 collierparks.com	6 months +
Marco Island	Greater Marco Family YMCA	101 Sand Hill St.	239-394-3144 marcoislandymca.com	6 months +
Naples	Golden Gate Aquatic Facility	3300 Santa Barbara Blvd.	230-252-6128 collierparks.com	6 months +
	Greater Naples YMCA	5450 YMCA Rd.	239-963-3762 info@greaternaplesymca.com greaternaplesymca.org	6 months +
	Naples SWIM School	4995 Airport Pulling Rd.	239-591-0204 lessons@napleswimschool.com teamunify.com	6 months +
	River Park Aquatic Facility	451 11th St. North	230-213-3037 naplesgov.com	6 months +
	Eagle Lakes Aquatic Facility	11565 Tamiami Trl E	239-252-4021 collierparks.com	6 months +
	Sun-N-Fun Lagoon	15000 Livingston Rd.	239-252-4021 collierparks.com	6 months +
	Swimtastic Swim School (Located inside LA Fitness)	871 Vanderbilt Beach Rd.	239-260-4926 swflymca.org	6 months +
	Big Corkscrew Island Regional Park	810 39th Ave NE	239-252-4908 collierparks.com	6 months +
Bonita Springs	Bonita Springs YMCA	27200 Kent Rd.	239-221-3613 swflymca.com	6 months +
	Goldfish Swim School	12600 Trade Center Dr	239-232-3613 goldfishswimschool.com	4 months +

Many of these certified aquatic centers listed above also offer private lessons, contact them directly for more information.

## Private, semi-private and small group swimming lessons:

- Tenley's Aquatics, Inc. 305-814-7946 (Ages 6 months +)
- Swimtastic Swim School 239-260-4926 (Ages 6 months +)
- Essential Swim Lessons 239-465-8602 (Ages 6 months +)
- SWIM Tutors USA 941-564-5140 (Ages 6 months +)

## 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!

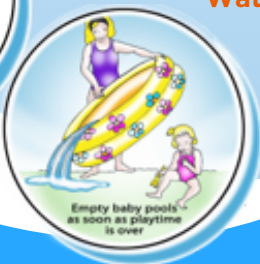
Some of the aquatic facilities will provide a discount towards the first set of swim lessons. Parents/caregivers must check with the aquatic facilities about these discounts and need to present this booklet at time of registration to receive discount.



# 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 and 1/2 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 baby sitters, 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 and 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 flower pots upside down so they cannot collect rain water.
- 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.



Visit the National Drowning Prevention Alliance at [NDPA.org](http://NDPA.org), the American Red Cross at [RedCross.org](http://RedCross.org) or the NCH Safe & Health Children's Coalition at [WaterSmartCollier.com](http://WaterSmartCollier.com) for more safety tips.

**BASIC**  
**CPR**

**CALL 911**

Continue cycles of compressions and breaths until  
victim shows signs of life or **AED** arrives.



*Ursus Enterprises Inc.*

Ursus Enterprises Inc  
703-879-5888  
charts411.com

## Conscious Choking Adults & Kids



- Ask the victim, "Are you choking?"
- If unable to make any noise send someone to **Call 911**.
- Ask the victim, "May I help you?"
- If the victim agrees, take a wide stance behind them.
- Place one finger in the belly button.
- With the other hand, make a fist and place it slightly above the finger in the belly button.



- Take your hand and place it on top of the fist.
- Thrust in and up.
- Each thrust is a separate attempt to get the object out.
- Repeat until object is dislodged.

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

## Conscious Choking Infants



- Place one hand on the jawbone.
- Be careful to **support the head**.
- Position the infant on your forearm.
- Ensure that the infant's head is lower than its chest.
- Using the heel of your hand, hit the infant **5 times** between the shoulder blades.



- Place palm on skull and sandwich the victim between your forearms.
- Roll victim onto your other forearm.



- Place two fingers on the breastbone slightly below an imaginary line between the nipples.
- Compress straight down **1/3** depth of the chest (about 1 1/2 inches) **5 times**.
- Repeat until object is dislodged.

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

## Step 1

### Survey the Scene

Make sure the scene 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 OK?"**

**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 BEATHING** or breathing abnormally  
Begin **CPR!!!**

# Compressions

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



### Adult: puberty and older

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



### Child: 1yr - puberty

- Place the heel of one hand on the center of the chest (the lower half of the sternum).
- Place the other hand on top and interlock your fingers.
- Compress straight down at least **1/3** the depth of the chest (**about 2 inches**) **30 times**, at a rate of at least **100-120** per minute.
- Allow the chest to fully recoil between every compression.



### Infant: 1yr and younger

- Place two fingers on the breastbone slightly below the nipple line.
- Place the other hand on the victim's forehead.
- Compress straight down at least **1/3** the depth of the chest (**about 1 1/2 inches**) **30 times**, at a rate of at least **100-120** per minute.
- Allow the chest to fully recoil between every compression.



# Airway



- **Do a head-tilt/chin-lift.**  
(Place one hand on the forehead and two fingers on the bony part of the chin)
- **Smaller Victims: Tilt the head less.**

# Breathing



- **For adults and children** Pinch nostrils closed and give **2 breaths** so the chest rises.
- **For Infants** Seal your mouth around their nose and mouth. Give **2 small breaths**.
- **If breath did not go in, Retilt the head and retry the breath.** If breaths still don't go in,

## RESUME COMPRESSIONS

After compressions, check the mouth for obstruction, before resuming breaths

# AED



- Turn on the **AED** and follow the voice prompts.
- Remove the victim's shirt.
- Make sure the victim's chest is dry.
- Remove any medical patches.
- Remove any extra hair(if pads do not stick).
- Remove the defibrillation pads from their packaging.
- Look at the images to be sure where to apply the pads on the victim.
- Place pads on the victim's bare chest.
- If **NO Shock Advised** and if the **AED** advises, immediately resume compressions.
- If **Shock Advised**, after shock immediately resume compressions.
- The **AED** will prompt you to stop CPR every **2 minutes** to reanalyze the heart.





## CHECK THE WAYS YOU CAN HAVE SAFER KIDS

- When your child is bathing or playing in or near water, **KEEP YOUR EYES ON HIM OR HER 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 that he must never play in water unless a grown up is watching.
- Take your child to swimming lessons. If you don't know how to swim, learn how. This booklet has phone numbers and websites for places that teach swim lessons.
- **IF YOUR CHILD IS MISSING, CHECK NEARBY POOLS AND OTHER WATER AREAS FIRST.** Remember it only takes seconds for a child to drown.



## CHECK THE WAYS YOU CAN PLAN FOR A SAFER REPONSE

- Swim only at lifeguarded public pools and beaches.
- Have a Lifeguard or designated Water Watcher at events at or near water.
- Put a U.S. Coast Guard approved life vest on all children who can't swim. Loaner life vests are now available at Sugden Park and 14 public beaches in Collier County\*.
- Don't trust blow-up rings or armbands also known as floaties or water wings. These are toys. They can't keep your child safe. Use a Puddlejumper instead.
- Watch your children carefully. Lifeguards are not babysitters.
- 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 he can grab, like a pole or swim noodle, then pull him 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

Visit **Florida Swimming Pool Association** at [Flordiapoolpro.com](http://Flordiapoolpro.com) or **Just Against Children Drowning** for pool fencing information and installation



## CPR CLASSES

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

Organization	Phone	Website
American Red Cross	239-596-6868	<a href="http://redcross.org">redcross.org</a>
NCH Women's and Children's Resource Center	239-624-6224	<a href="http://nchmd.org">nchmd.org</a>
Physicians Regional Healthcare System	239-354-6085	<a href="http://physiciansregional.com">physiciansregional.com</a>
Collier CPR and Safety Training	239-537-0495	<a href="http://colliercpr.com">colliercpr.com</a>
CPR & More	239-289-1654	<a href="http://cpr-and-more.com">cpr-and-more.com</a>
Safe Kids	239-343-6199	<a href="http://safekidsleecollier.org">safekidsleecollier.org</a>
Immokalee Fire Control District	239-657-2111	<a href="http://immfire.com">immfire.com</a>
Marco Island Fire Rescue	239-389-5040	
North Collier Fire Control & Rescue	239-597-3222	<a href="http://northcollierfire.com">northcollierfire.com</a>
Greater Naples Fire Rescue	239-348-7540	
Every HeartBeat Training LLC	417-274-2367	



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

# Prescription for Water Safety

Please 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.*



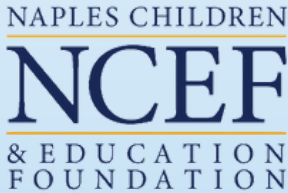
[WaterSmartCollier.com](http://WaterSmartCollier.com)



Notes: \_\_\_\_\_  
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Gettysburg, PA 17325  
[www.charts411.com](http://www.charts411.com)

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**Developed by the  
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of Broward County**

