



# WATER SMART BABIES

**DROWNING PREVENTION**  
COALITION OF ARIZONA

# Message to Parents

A close-up photograph of a woman with dark hair pulled back, smiling warmly. She is holding a young child with dark skin and hair. They are positioned near a body of water, with the blue and green tones of the water visible in the background. The woman's hands are visible, resting on the child's shoulders and arms.

## **Did you know?**

Drowning is the leading cause of death for children ages 1 to 4 in Arizona.

The Drowning Prevention Coalition of Arizona has adopted the Water SMART Babies program to support your efforts in keeping your children safe. 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 water safe and Water SMART (Safety Methods and Rescue Techniques).

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

Thank you,  
*Drowning Prevention Coalition of Arizona*

*Special thanks to Broward County (Florida) Drowning Prevention Task Force for originating this program.*

# 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

TODAY'S DATE

AGE

HEALTHCARE PROVIDER'S SIGNATURE - A DOCTOR'S SIGNATURE IS NOT REQUIRED IN WATER SAFETY PROGRAMS.

- Water Safety Lessons
- Child & Infant CPR & First Aid Classes
- Door Alarms & Pool Fencing Information



## INSTRUCTIONS FOR POOL STAFF

Please mail or fax forms to Lori Schmidt at:  
Drowning Prevention Coalition of Arizona  
428 E. Thunderbird Rd. #606,  
Phoenix, AZ 85022  
Fax: 480-312-1887  
infoaz@watersmartbabies.com

# Home Safety Tips

Don't assume you will hear a child who is in trouble in the water. Child drowning is a silent death, with no splashing to alert anyone that the child is in trouble. Here are some useful tips that can keep children safe.

- Put locks and alarms on all doors and windows to keep children from getting into the pool unnoticed.
- Surround the pool with pool fencing to keep young children from falling in.
- When around water, keep children close enough to reach out and touch them.
- Teach children how to turn over on their backs and get to the side of the pool in case they fall in.
- Have a telephone and rescue equipment, such as a shepherd's hook, nearby.
- ALL caregivers should know child CPR.

# Water Safety Class Resources



## Should your child take water safety lessons?

The American Academy of Pediatrics has updated its stance on water safety classes, now supporting the idea that water safety classes can be good for both the child and the parent, providing safety education that can last a lifetime.

One of the most important techniques you can use to protect your child from drowning is roll over, float and yell for help.

It is key for parents to understand that no water safety classes of any kind will drown-proof their child. There is no substitution for adult supervision. Please remain vigilant in keeping eye-to-eye supervision on children around water at all times.

Find a pool in your area that offers water safety lessons by visiting [www.watersmartbabies.com/az](http://www.watersmartbabies.com/az) or by calling Community Information and Referral at 602-263-8856 or 800-352-3792 from area codes 520 and 928.

# CPR Reference for Drowning

- Remove victim from water
- Give 2 minutes of CPR
- Call 9-1-1
- Resume CPR

	<b>INFANTS UP TO AGE 1</b>	<b>CHILDREN AGES 1 TO 8</b>	<b>ADULTS AGE 8 AND OLDER</b>
<b>RESCUE BREATHING</b> Perform if circulation signs are present; if not, give CPR	1 breath every 3 seconds	1 breath every 3 seconds	1 breath every 5-6 seconds
<b>COMPRESSION LANDMARK</b> Has no circulation signs; perform rescue breathing and compressions	One finger width below nipple line	Center of chest between nipples	Center of chest between nipples
<b>METHOD</b>	Two fingers	Heel of one or two hands	Heel of one hand, with other hand on top
<b>RATE PER MINUTE</b>	At least 100	At least 100	At least 100
<b>DEPTH</b>	About 1 1/2 inches	About 2 inches	At least 2 inches
<b>COMPRESSION TO BREATH RATIO</b> One rescuer If two trained rescuers	30:2 15:2	30:2 15:2	30:2 30:2

Find CPR classes in your area by visiting [www.watersmartbabies.com/az](http://www.watersmartbabies.com/az) or by calling Community Information and Referral at 602-263-8856 or 800-352-3792 from area codes 520 and 928.

# Safety Devices

Blocking access to water hazards is an important step to protecting your children in case lapses of supervision occur.

To learn more about barrier options, please read the National Drowning Prevention Alliance (NDPA) position paper at [www.ndpa.org](http://www.ndpa.org) under "Layers of Protection" in the Safety Tips section.

Your city may have passed a barrier code ordinance. To find out what the rules may be in your area, check out the map at [www.preventdrownings.org](http://www.preventdrownings.org) under "Barrier Codes" in the Resources section.

To purchase barriers or hire a professional:

- Pool fencing: Look in business telephone directories under Pool Fencing/Pool Fence Companies.
- Door alarms: Look in business telephone directories under Home Improvement/Hardware Stores.
- Area builders, retailers and service companies: Visit the Association of Pool and Spa Professionals at [www.apsp.org](http://www.apsp.org).

# DROWNING PREVENTION

## COALITION OF ARIZONA

**Drowning Prevention Coalition**  
**428 E. Thunderbird Rd., #606**  
**Phoenix, AZ 85022**

The Drowning Prevention Coalition of Arizona, a community based organization composed of parents, health and safety professionals and business leaders, exists to provide a forum to prevent drowning and near drowning through the promotion of education, legislative action and enhanced product safety. Check out our website at [www.preventdrownings.org](http://www.preventdrownings.org) for more information.

In cooperation with

