

# KEEPING KIDS SAFE AROUND WATER

WATER SAFETY AT HOME

SWIMMING SAFETY

BOATING SAFETY

SAFETY NEAR CANALS



**IDAHO TIME SENSITIVE  
EMERGENCY SYSTEM**

**TRAUMA | STROKE | STEMI**

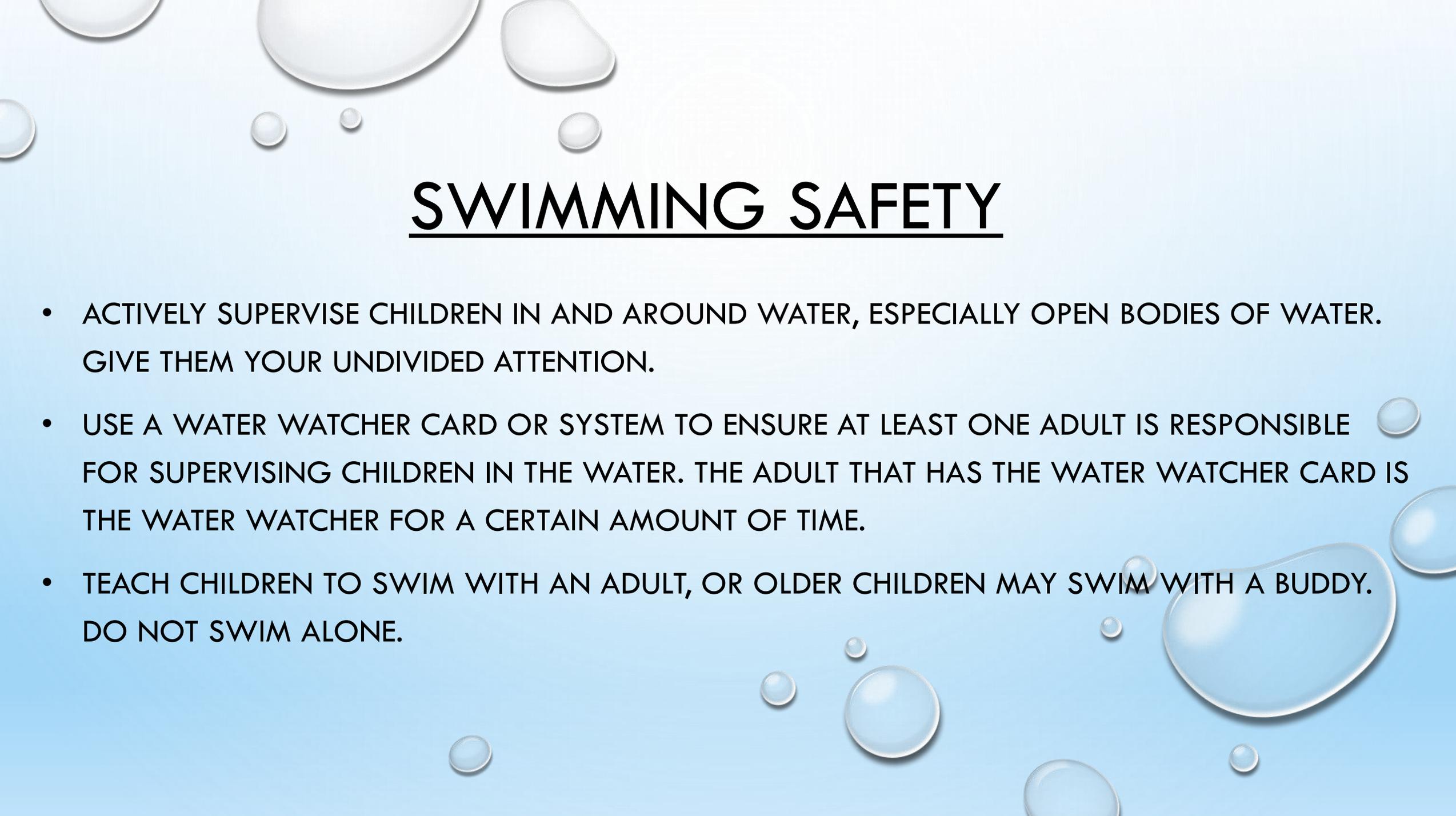
# FACTS

## ABOUT WATER RELATED INJURIES

- DROWNING IS THE LEADING CAUSE OF DEATH FOR CHILDREN AGED 1-4 YEARS OLD
- CHILDREN UNDER 1 YEAR OF AGE ARE MORE LIKELY TO DROWN AT HOME - IN A BUCKET OR BATHTUB
- CHILDREN CAN DROWN IN AS LITTLE AS 1 IN OF WATER
- RISK FACTORS INCLUDE:
  - AGE OVER 1 YEAR
  - GENDER – BOYS ARE TWICE AS LIKELY TO SUFFER A DROWNING
  - PROXIMITY AND ACCESS TO WATER
  - LOW SOCIOECONOMIC STATUS, MINORITY, LACK OF EDUCATION, RURAL POPULATION
  - ALCOHOL USE IN OR NEAR WATER

# WATER SAFETY AT HOME

- ALWAYS WATCH KIDS WHEN THEY ARE IN OR AROUND WATER. MINIMIZE DISTRACTIONS AND STAY WITHIN AN ARMS REACH OF YOUR CHILD WHEN THEY ARE IN OR NEAR WATER.
- EMPTY THE BATHTUB, BUCKETS AND PLAY POOLS AFTER EVERY USE. STORE THEM UPSIDE DOWN SO THEY DO NOT COLLECT WATER.
- CLOSE THE TOILET LID AND USE TOILET LID LOCKS. INSTALL FENCES AROUND ANY HOME POOLS. POOL FENCES SHOULD GO AROUND ALL 4 SIDES OF THE POOL, BE AT LEAST 4 FEET TALL AND HAVE GATES THAT SELF-CLOSE AND LATCH.
- ALWAYS CHECK THE HOUSES WHERE YOUR CHILD LIVES OR PLAYS FOR WATER SAFETY HAZARDS: FISH PONDS OR WATER FOUNTAINS IN THE LANDSCAPING, WATER PLAY TABLES, NEARBY CANALS OR CREEKS.

The background is a light blue gradient with several realistic water droplets and bubbles of various sizes scattered across it. The droplets have highlights and shadows, giving them a 3D appearance. The title 'SWIMMING SAFETY' is centered in the upper half of the page.

# SWIMMING SAFETY

- ACTIVELY SUPERVISE CHILDREN IN AND AROUND WATER, ESPECIALLY OPEN BODIES OF WATER. GIVE THEM YOUR UNDIVIDED ATTENTION.
- USE A WATER WATCHER CARD OR SYSTEM TO ENSURE AT LEAST ONE ADULT IS RESPONSIBLE FOR SUPERVISING CHILDREN IN THE WATER. THE ADULT THAT HAS THE WATER WATCHER CARD IS THE WATER WATCHER FOR A CERTAIN AMOUNT OF TIME.
- TEACH CHILDREN TO SWIM WITH AN ADULT, OR OLDER CHILDREN MAY SWIM WITH A BUDDY. DO NOT SWIM ALONE.

# SWIMMING SAFETY, CONT'D.

- DO NOT RELY ON WATER TOYS OR FLOATS FOR SAFETY. THEY MAY BE FUN BUT THEY ARE NOT MEANT TO BE A SAFETY DEVICE.
- MAKE SURE THAT CHILDREN DEVELOP 5 WATER SURVIVAL SKILLS:
  - STEP OR JUMP INTO WATER OVER THE CHILD'S HEAD AND RETURN TO THE SURFACE
  - FLOAT OR TREAD WATER FOR 5 MINUTES
  - TURN IN A FULL CIRCLE AND FIND AN EXIT
  - SWIM 25 YARDS TO AN EXIT AND EXIT THE WATER
  - EXIT THE WATER WITHOUT USING AN ASSISTIVE DEVICE LIKE A POOL LADDER

# BOATING SAFETY

- ALWAYS HAVE CHILDREN WEAR A LIFE JACKET APPROVED BY THE US COAST GUARD WHILE ON A BOAT OR AROUND OPEN BODIES OF WATER. MAKE SURE IT FITS PROPERLY. BABIES SHOULD NOT BE TAKEN ON BOATS UNTIL THEY FIT INTO AN APPROPRIATELY SIZED LIFE JACKET.
- TAKE A BOATING SAFETY COURSE, LIKE THE ONE AVAILABLE [HERE](#). 
- IF YOU TAKE A BABY (WEARING A PROPERLY FITTING LIFE JACKET) ON A BOAT, HOLD THEM INSTEAD OF PLACING THEM IN THEIR CAR SEAT. THE CAR SEAT WOULD SINK IF THE BOAT CAPSIZED.
- ALCOHOL AND BOATING DO NOT MIX! DO NOT ALLOW CHILDREN ON BOATS WHERE THE OPERATOR IS DRINKING ALCOHOL.
- DEVELOP RULES ABOUT BEING ON A BOAT, LIKE KEEPING HANDS AND FEET IN THE BOAT AT ALL TIMES AND NO RUNNING ON A BOAT.

# BOATING SAFETY LAWS

- IDAHO LAW REQUIRES CHILDREN AGED 14 AND YOUNGER TO WEAR A US COAST GUARD APPROVED PERSONAL FLOTATION DEVICE (LIFE JACKET) WHILE ON A BOAT.
- ANYONE RIDING ON A PERSONAL WATERCRAFT MUST WEAR A US COAST GUARD APPROVED PERSONAL FLOTATION DEVICE.
- ANYONE BEING TOWED BEHIND A BOAT MUST WEAR A US COAST GUARD APPROVED PERSONAL FLOTATION DEVICE.
- ALL BOATS MUST HAVE AT LEAST ONE US COAST GUARD APPROVED PERSONAL FLOTATION DEVICE FOR EACH PERSON ON BOARD A BOAT.
  - ALL PERSONAL FLOTATION DEVICES MUST BE IN GOOD CONDITION, THE RIGHT SIZE FOR THE INTENDED WEARER AND LABELED “US COAST GUARD APPROVED.”

# CANAL SAFETY

- ACCESS TO WATER IS A RISK FACTOR - DETERMINE PROXIMITY TO THE NEAREST IRRIGATION CANAL.
- CANAL BANKS ARE USUALLY STEEP AND CAN BE UNSTABLE. MAINTAIN PLENTY OF DISTANCE.
- TEACH CHILDREN TO NEVER GO INTO CANALS AND DO NOT GO NEAR THEM WITHOUT AN ADULT. CANALS ARE NOT A SAFE PLACE TO PLAY OR SWIM.
- CALL 911 AND GET HELP IF A PERSON OR ANIMAL FALLS INTO A CANAL, DO NOT TRY TO ATTEMPT TO GO IN AFTER THEM.
- APPLY THE SAME RULES TO ALL FAMILY MEMBERS BECAUSE YOUNGER CHILDREN LEARN FROM OLDER CHILDREN AND ADULTS. IT IS IMPORTANT TO SET A GOOD EXAMPLE.

# WHAT CAN YOU DO?

- LEARN CPR AND BASIC WATER RESCUE SKILLS – KNOWING HOW TO RESPOND IN A DROWNING COULD SAVE YOUR LIFE.
- TEACH CHILDREN HOW TO SWIM BY ENROLLING THEM IN SWIMMING LESSONS. PREVENTION IS ALWAYS A GREAT SOLUTION!
- USE A POOL SAFETY CHECKLIST.
- USE A WATER WATCHER CARD SYSTEM, LIKE THE ONE AVAILABLE [HERE](#) 

# LIFE JACKET INFORMATION

- LIFE JACKETS, ALSO REFERRED TO AS PERSONAL FLOTATION DEVICES, ARE AN IMPORTANT PIECE OF SAFETY EQUIPMENT WHEN PLAYING IN OR NEAR WATER. THEY ARE A LEGAL REQUIREMENT FOR CHILDREN AGED 14 AND YOUNGER WHILE ON A BOAT.
- FOR CHILDREN, LIFE JACKETS ARE SIZED BASED ON WEIGHT (ADULTS ARE BASED ON CHEST SIZE):
  - INFANT LIFE JACKETS: 8-30 LBS
  - CHILD LIFE JACKETS: 30-50 LBS
  - YOUTH LIFE JACKETS: 50-90 LBS
- FOR INFANTS AND SMALL CHILDREN, LIFE JACKETS NEED TO INCLUDE:
  - PADDED HEAD SUPPORT TO KEEP THE CHILD'S HEAD ABOVE WATER
  - GRAB HANDLE TO ASSIST IN RETRIEVING THE CHILD OUT OF THE WATER
  - CROTCH STRAP TO KEEP THE LIFE JACKET FROM RIDING UP
- MAKE SURE ALL LIFE JACKETS ARE US COAST GUARD APPROVED!

# REFERENCES

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