



## **WATER & POOL SAFETY**

It's May, and in New Jersey that means warm weather is finally here! Pool openings and booking family vacations down the shore are on many people's to do lists, making this a perfect time to construct your water safety plan for the summer. Every year in the United States there are over 4,000 fatal unintentional drownings, averaging about 11 drowning deaths per day. More children ages 1-4 die from drowning than any other cause of death and it's the second leading cause of unintentional injury death for children ages 5-14. Although drowning is a major public health issue, it can be prevented. Below are some safety strategies you can implement to foster a safe water environment wherever you are:

- Secure your pool with appropriate barriers that fully enclose the pool
- Designate a water watcher and stay within arm's reach of young children
- Install anti-entrapment drain covers and safety release systems to protect against entrapment
- If a child is missing, check the water first
- Learn to swim, though this alone is not enough, especially for young children
- Always swim with a buddy and choose designated swim sites with lifeguards
- Know the conditions – currents, waves, rocks, vegetation, changing weather, limited visibility
- Wear USCG-Approved life jackets while boating or by weaker swimmers in and around water
- Avoid alcohol or drug use before or during swimming or boating
- Learn CPR

For more information on water safety, click [here](#) for the New Jersey Swim Safety Alliance.