

WATER & POOL SAFETY

Pala is dedicated to preventing unintentional injuries to children on the reservation. Childhood drownings are 100% preventable. If you make smart, common-sense changes to safeguard your back yard pool, teach your children water safety, and learn how to react in a water emergency, together we can prevent drownings.

FACTS

- Drowning is a leading cause of unintentional or accidental injury-related death to children ages 1-4.
- Over 80% of all drowning and near-drowning incidents occur in backyard pools.
- There are over one million backyard pools in California without safety features; one could be in your neighborhood.
- Drowning is a quiet event. There is no splashing, no screaming, and no noise.
- A submerged child can lose consciousness in less than two minutes, and sustain permanent brain damage in only 4 to 6 minutes.
- Toddlers and young children are attracted to water—they have no fear of it and associate it with play.
- It takes very little water for a child to drown. Less than one inch of water is all it takes to cover the nose and mouth of a toddler.

PREVENTION TIPS

- Supervise! Never leave a child alone near a pool or spa, bathtub, pond, toilet, bucket of liquid, or any standing water.
- Assign an adult to keep their eyes on the water at all times.
- Do not allow children to play near the pool or spa.
- Keep toilet lids down. Install safety latches on toilet lids to prevent toddlers from opening and playing in the toilet.
- Empty wading pools immediately after use and store upside-down.
- Pool toys are not meant for use as personal flotation devices.
- Never rely on devices or swimming lessons to protect children without supervision.
- Never drink alcoholic beverages before or during swimming with or supervising children.

BE PREPARED!

- Learn CPR and First Aid.
- Learn how to swim and learn proper rescue techniques.
- Keep rescue equipment near the pool. Do NOT rely on inflatable pool toys or swimming aids to prevent drownings!
- Keep a mobile phone and emergency phone numbers nearby.

IF A WATER EMERGENCY OCCURS

- Pull the child from the water and place on his or her back.
- Check for breathing; clear mouth and nose of any obstruction.
- Instruct another adult to call 911 for emergency help.
- Begin rescue breathing or CPR as needed until the child is revived or help arrives.

Contact the Pala Fire Department for more information about pool and water safety: 760-742-1632.