



ABC'S OF WATER SAFETY

Prevent drowning.
Never swim alone.



Children and adults drown without a sound. Drowning is the leading cause of accidental death for children under the age of five and can happen in less than two inches of water.



Orange County
Fire Authority
714 573 6200
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A is for Active Adult Supervision

- Keep infants and toddlers within an arm's reach when near water.
- Never swim alone, even adults.
- Never rely on water wings, rafts, or other swimming aids in place of U.S. Coast Guard-approved personal flotation devices (life jackets).
- If a child or adult is missing, every second counts. Check the water FIRST!

B is for Barriers

- Install and maintain proper fencing around the pool and spa to isolate swimming areas from the home and play areas.
- Use multiple layers of protection, such as fences, gate/door alarms, and safety covers, to keep children away from pools and spas.
- Use self-closing, self-latching gates that open outward, away from the pool.
- Remove items such as chairs or tables that a child could use to climb over a fence.

C is for Classes

- Learn to swim. Do not rely on swimming aids such as water wings, rafts, or noodles.
- Learn first aid and CPR. Always keep a phone nearby to call 9-1-1.
- Teach children that running, jumping, and pushing others on pool decks is dangerous and can cause injuries.

Drain Safety

- Keep children away from pool/spa drains to avoid entrapment and entanglements.
- Keep long hair tied back and remove dangling items like jewelry and bathing suit ties.
- Install compliant safety drain covers and automatic shut-off pump systems (Safety Vacuum Release Systems).
- Identify and mark the location of the electrical cut-off switch for the pool or spa pump.
- Know where the pool/spa pump switch is and how to turn it off.



BEACH SAFETY

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For your safety, beware of hazards.

- If in doubt, don't go out. Ask the lifeguard about rip currents and other hazards as they are not always easily identifiable.
- Obey posted warning signs and flags.
- Check weather, water, and surf conditions; storms can stir up bacteria, rip currents, and other dangers.
- Shuffle feet when walking into the water to prevent stingray injuries.

Children and adults drown without a sound.

- Keep small children and inexperienced swimmers within reach. Flotation devices are not a substitute for active adult supervision.
- Learn to swim.
- Use boogie boards/surfboards with leashes in designated areas.
- Choose to swim near a lifeguard and never swim alone. If no one is with you, no one can help save you.

Break the grip of the RIP.



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmers out to sea.

How to identify a rip current:

- A channel of churning, choppy water
- An area having a notable difference in color, parallel to the shoreline
- A line of foam, seaweed, or debris moving steadily out to sea
- A break in the incoming wave pattern

How to survive a rip current:

- Remain calm.
- Don't fight the current. Swim out of the current by swimming to the side.
- If you can't escape, float or tread water.
- If you need help, call or wave for assistance.

Remember, many people drown while trying to save someone else! If someone is in trouble, get help from a lifeguard or call 9-1-1.

ocfa.org • usla.org • ripcurrents.noaa.gov

EMPOWERING KIDS THROUGH



WATER SAFETY RULES

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Prevent drowning! Never swim alone.

Kids need to ask an adult before going in or around a pool or spa. Adults should also never swim alone. Remember, if no one is with you, no one can help save you.

There is no substitute for active supervision.

Keep an eye on the water at all times and use the Water Watcher card strategy, which designates an adult as the Water Watcher for a certain amount of time (i.e. 15-minute periods), especially when multiple adults are present.

Learn to swim. Don't rely on swimming aids.

Remember that swimming aids such as water wings or noodles are fun toys but never use them in place of U.S. Coast Guard-approved personal flotation devices (life jackets).

Go feet first!

Rocks, sandbars, and other dangers can hide just below the water's surface. Going feet first helps to find these dangers and allows you to know how deep the water is in that area.

Play safely around the water.

Running, jumping, or pushing others in or around the pool can be dangerous. Be safe and walk around pool decks. Have an adult get toys or other objects out of the water.

Educate kids about swimming safely.

Everyone is different. Enroll in swim lessons when you feel you and your child are ready. Start slowly with babies; some are ready at 12 months or even earlier, others are not. Swim in designated areas only and always have an adult Water Watcher and never swim alone.

Don't let drains drag you down!

Drains can create a lot of suction, which can trap people under water. Teach children to stay away from drains and install safety drain covers.

Always wear sunscreen and drink plenty of fluids.

Swimming in the cool water can hide signs of sunburns and dehydration. Reapply sunscreen, even if it is waterproof, and drink plenty of water or fluids without caffeine.