

ROXIE RULES

AT THE

POOL



PRINT THIS POSTER AND DISPLAY AT **YOUR POOL!**

ADULTS must be **ACCOUNTABLE**. Children do not drown themselves.

CHILDREN should **NEVER** swim **ALONE**.

DO NOT be **DISTRACTED** when a child is around water.

ALWAYS designate an adult **WATER WATCHER**. Rotate as needed.

SWIM LESSONS help **SAVE LIVES**. Use experienced, certified instructors.

EACH CHILD has a **DIFFERENT** skill and interest level.

NON-SWIMMERS must remain within an **ARM'S LENGTH** of an adult.

U.S. COAST GUARD-APPROVED life vests are **VITAL** if you cannot swim.

FLOATIES including noodles are **NOT LIFE-SAVING** devices.

REMOVE all items such as toys and floats from the pool after use.

INSTALL two layers of **PROTECTION**...fencing, alarms/sensors, covers.

HARD-TO-REACH, self-locking mechanisms are **CRITICAL**.

LOCK AND CHECK access doors, pet doors, gates and windows.

EMPTY INFLATABLE POOLS when not being used.

REMOVE stairs from **ABOVE GROUND** pools when not in use.

MARK AND DIVIDE the **DEEP** end and **SHALLOW** end of the pool.

ROUGH PLAY and underwater breathing contests are dangerous.

LIFEGUARDS must be **CERTIFIED**. Background checks are preferred.

ASK public operators about **EMERGENCY PLANS, SECURITY, INSURANCE**.

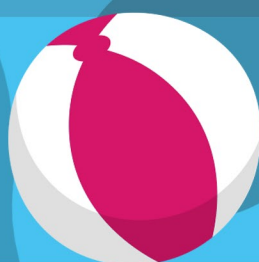
LEARN CPR and **FIRST AID** and **POST INSTRUCTIONS** at the pool.

TEACH children that a **HEALTHY FEAR** of the water keeps things fun.

DON'T

LET US

DROWN



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ROXIE RULES

Babies drown in bathtubs, buckets and as little as one inch of water. If you must leave the room, **TAKE YOUR BABY WITH YOU.**

Always **IMMEDIATELY DRAIN** tubs and buckets and keep toilet lids closed, because children will be attracted to the water.

CLOSE DOORS to the laundry room and bathroom when not in use.

When entering any body of water, children should jump **FEET FIRST** with nearby adults who approve the water depth and clear hazards.

OBEY SIGNS about particular or unsafe swimming conditions. Do not allow children to enter the water in areas not intended for swimming.

Remember, drowning occurs in cold conditions too. **DO NOT ENTER** ice which may be unsecure, and learn to rescue someone who falls through.

If a child might have a neck, head or back injury related to swimming or diving or falling around water, **BRACE** the neck, **PREVENT** movement and provide **CALM COMFORT** until medical assistance arrives.



SIGN UP FOR HUNTINGTON HOSPITAL CPR CLASSES.

www.huntingtonhospital.org/event/cpr-infant-child-12/

OR CONTACT THE AMERICAN RED CROSS

www.redcross.org/local/california/take-a-class/cpr-los-angeles-ca

Remember, drowning is silent, fast & deadly.

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