



# Swimming Pool Safety

## Keep your head above water with these safety tips:

### What's the risk?

- Children ages 4 and under have a higher risk or drowning than any other age group. You should help prevent this by teaching your children to swim or float as soon as possible. If your child does not feel comfortable swimming, be sure to make them wear floaters and keep them in a shallow area of the pool. Also get them swimming lessons so they become more comfortable in the pool.
- It is always a good idea to keep lifesaving equipment close by the pool and within reach at all times.
- Always make sure to educate your family and those who may use the pool about general pool safety rules before they enter the pool area. If possible, post a list of 'Pool Rules' somewhere in the pool vicinity where it is clearly visible to family and guests. Also stress proper pool behavior and limit horseplay within or near the pool.
- Do not drink alcohol when swimming because it can impair the ability to judge distance as well as the physical coordination necessary to swim. Also, do not swim for at least 30 minutes after eating.

- ✓ Install a gate around your swimming pool. One key barrier is a four-sided fence, four feet high, with slats less than four inches apart. The gates should be self-closing and self-latching and no child should be able to reach the latch.
- ✓ For above-ground pools, secure and lock steps and ladders or remove them when the pool is not in use.
- ✓ Consider Installing a door and pool alarms around your pool for additional protection. Also consider adding an anti-entrapment alarm for safety if the pool drain becomes unplugged, so children cant get stuck.
- ✓ Be sure to have a clear view of the pool from inside your home.
- ✓ No amount of gates or alarms replace supervision -- always watch kids in the water.
- ✓ Have a cordless phone, emergency numbers, a first aid kit and rescue equipment near the pool. Learn CPR as a safety measure.
- ✓ Don't run near the pool, push or jump on others in the water, or dive or jump into shallow water.
- ✓ Be sure to have steps or ladders on both sides of the pool.
- ✓ Clearly mark the pool depth(s) for swimmer awareness and safety.
- ✓ If you see storm clouds or hear thunder, get out of the pool immediately to avoid electrocution.
- ✓ Contaminated pool water can make you sick. So for others sake, don't swim if you're sick yourself, don't change diapers near the pool, and put swimming diapers on babies and toddlers. Its also a good practice to shower before you swim.
- ✓ Use non-slip materials on the pool deck, diving board, and ladders. Replace when they wear out for safety.
- ✓ If you have an above ground pool, the steps to the pool ladder should be at least three feet wide, and the ladder should have handrails on both sides small enough for a child to grasp.
- ✓ Check the pool equipment periodically for cleanliness and good maintenance. Cover all sharp edges and protruding bolts; repair rickety or broken ladders and railings.



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