

# HOTEL POOL SAFETY

## DIRECTIONS

Fold this sheet in half lengthwise. Cut out this circle so you can hang this two-sided reminder on your hotel room door.

## SIX KNOW'S

- 1. KNOW THE KEYS TO DROWNING PREVENTION** *The keys to drowning prevention are providing vigilant supervision during pool use while preventing any and all unsupervised access to the pool area.*
- 2. KNOW HOW TO SWIM** *The best way to stay safe is to be a strong swimmer. Both you and your child need to know how to swim confidently. Keep your skills up to date and give your child a six-minute refresher lesson every time you visit the pool. Practicing swimming skills first, then playing promotes an atmosphere of safety.*
- 3. KNOW THE SITUATION** *Know the answers to these questions before starting your swim. Is the water clean and clear? What is the pool temperature? Where will you allow your child to swim? Are there any areas where he/she shouldn't swim? How crowded is the pool? With whom are you swimming? Are there younger or older swimmers nearby? Know the situation before you begin swimming. Be ready and uncompromising when adjustments must be made as situations change during your visit.*
- 4. KNOW THE RULES** *The pool rules are posted at every pool. Read these rules to your children as, while the general idea remains the same, some pools do have rules might differ from what you are used to. Follow these rules, but remember, you are ultimately responsible for the safety of your children, so limit their activities accordingly.*
- 5. KNOW YOUR LIMITATIONS** *Only you know your physical limitations. Be honest with yourself regarding your limits and your swimming skills. Your child's life depends on it. Children should take frequent rest and bathroom breaks; make breaks a normal part of your day at the pool. Heat and fatigue affect your ability to maintain vigilant surveillance. Remember, if you fall asleep on the chair, you are not watching your children.*
- 6. KNOW HOW THE POOL IS SECURED** *Where are the gates and how are they secured? How deep is the pool? Where is the rescue equipment? How can you get help if needed? Where is the phone? Can you dial out directly? Is there a lifeguard on duty? If so, where is the lifeguard located? Know the security factors surrounding the pool before venture into the water. Further safeguard your child by keeping the chain or swinging security lock on your room door secured at all times to prevent an unauthorized exit by your child. Make sure your children know what to do in the case of an emergency i.e. "when I say "emergency", you sit in this chair and don't move!"*

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## SIX NO'S

- 1. NO FLOTATION DEVICES FOR NON-SWIMMERS** *"Touch supervision" should be practiced for all children who cannot swim independently. This means that children without the skills to swim independently must be within arms reach of an adult supervisor at all times. There should be a one-to-one non-swimmer to adult ratio. Floaties, water wings, swimmies etc. promote an upright position which is not conducive to learning how to swim. Before allowing your independent swimmers to play with flotation toys, give a Dump Test. Sit your child on the toy and, without warning, upend the toy and dump your child in the water. If your child can successfully recover, float independently, swim to the side and call for help, or alternatively, remount the raft, you have a swimmer. Congratulations! Remember, however, that with flotation devices comes a more difficult time supervising the pool. Be aware that flotation devices present a visual hazard and you must be able to see all sides of the toy if it is allowed in the pool.*
- 2. NO RUNNING OR PUSHING** *Running and pushing are both playtime behaviors that are not allowed at the pool. The pool deck can be slippery, and pushing people into the pool can be very dangerous. Keep the fun and games in the pool, not on the deck.*
- 3. NO SWIMMING ALONE** *No one should ever swim alone. Everyone needs a companion to be near enough to notice a problem and give assistance or get help if necessary.*
- 4. NO DIVING** *Diving is not allowed in most hotel pools. Check the water depth then always enter feet first.*
- 5. NO ALCOHOL WHILE SWIMMING OR SUPERVISING** *Alcohol use impairs both judgment and coordination. Alcohol users may engage in dangerous behaviors, and may not be able to recognize hazardous conditions or situations.*
- 6. NO DIVIDED ATTENTION** *You are your child's lifeguard. Remember, lifeguards are not allowed to read a book or talk on the phone while on duty. Drownings happen in silence. There is no cry for help. Children are never **watersafe** or **drownproof**. Young children aren't even **living room safe**. They need constant supervision when in the pool.*

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