

## Questions and Answers

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**Q: Is it safe to let my teenager watch the younger kids at the pool?**

▪ **A:** No. Friends or activities may easily distract teenagers and young adults. Further, teenagers and young adults are frequently not trained in CPR, water rescue or first aid. Being a "water watcher" requires constant attention and vigilance.

**Q: Is it okay to allow children to swim without supervision if there is more than one child swimming?**

▪ **A:** No. Children may not have the presence of mind or the physical capability to rescue another child. Also, children who are swimming are not "water watching" and a child could drown or near drown before another child became aware of a problem. Also, most children do not have training in CPR, water rescue or first aid.

**Q: What types of safety devices should I have at my pool?**

▪ **A:** There are no safety devices that can substitute for supervision. However, have a telephone near the pool, a shepherd's hook, or pole and a Coast Guard approved life jacket or safety ring can be useful in an emergency. See the U.S. Coast Guard website for approved flotation equipment specifications.

**Q: Should I have a pool cover? I have heard that they can be dangerous.**

▪ **A:** Yes, a pool cover can serve as a protection against unwanted swimmers. However, you should follow the US Consumer Products Safety Commission's recommended standards to ensure the safety of these devices. Be sure that pool/spa cover is securely fastened to prevent a child from slipping underneath the cover.

**Q: How do I know when my child is old enough to learn to swim?**

▪ **A:** There are different opinions about when children are developmentally ready to swim. Helping toddlers adjust to the water and learn basic survival skills such as turning onto their back is very beneficial. Children are generally ready by age four for swimming according to the American Pediatric Association. Some children develop earlier, so allow your child to develop swimming skills as soon as they are able.

**Q: What is the most common cause of child drowning?**

▪ **A:** Childhood drowning often occurs when a child gets out of our sight for a very short time and the pool/spa area is not secured.



**Q: Once my child learns to swim should she/he be required to take more swimming lessons?**

▪ **A:** Young children often need a swimming instruction refresher yearly. However, have your child demonstrate their swimming skills to you if you are unsure if they need a refresher course.

**Q: Where can my child learn to swim?**

▪ **A:** The community has a telephone number that you can call to provide you with information about health and human services and resources in the community including swimming lessons. The number is 2-1-1 and its free, multilingual and a referral line. If you are on a cellular phone or if dialing 2-1-1 doesn't work, then dial 407-839-HELP (4357).

**Q: How long should I allow my child to swim before taking a rest?**

▪ **A:** Children differ by age, strength and swimming skill how long they can swim before they become tired. However, it is a good practice to have periodic swimming breaks. If you are the "water watcher" and you see children acting tired or acting unsafely in the water have them take a break from swimming. Never let children swim immediately after eating.