

Focus on Water Safety: Resource Guide 2012

With the start of summer, CSN is providing this special issue of our newsletter on water safety. This newsletter issue contains data on drowning and scald injuries; information about water safety laws; prevention strategies and programs; evaluations of the effectiveness of lifeguards and swimming lessons to support safe swimming practices; policies and campaigns to encourage water safety; and safety barrier restrictions and other safety guidelines.

Drowning Prevention

1. National Water Safety Month

The National Water Safety Month website has resources for pool/spa professionals, parents, and kids, such as: event planning guides, state proclamations, water safety tips, pledges, resources and materials, and more.

<http://www.watersafetymonth.org/>

2. Pool Safety: A Resource from CPSC

CPSC created Pool Safety: Simple Steps Save Lives, a national public education campaign to reduce childhood drowning, non-fatal submersions and entrapments in public swimming pools and spas. The campaign carries out the requirements of the Virginia Graeme Baker Pool & Spa Safety Act (P&SS Act), federal legislation mandating new requirements for public pools and spas, including a public information campaign. Pool Safety is designed to raise public awareness, promote industry compliance and improve safety at pools and spas.

<http://www.poolsafely.gov/>

3. Start Safe: Water - a Program from Safe Kids

Start Safe: Water is a free educational program designed to teach children ages 2 to 4 and their families about water safety, and provides educators the tools they need to deliver important water safety information. The program emphasizes three key messages associated with using layers of protection in and around water - Lock,



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Look, Learn. Safety messages are delivered to children, parents, and caregivers through educators, local Safe Kids coalitions, and the fire service.

This includes resources for educators, program materials, and online games for adults and children.

<http://www.safekids.org/educators/Start-safe/water-safety/>

4. Kids Don't Float

Maria Bailey, Program Manager at the Injury Prevention & EMS office, reports that KDF has proven wildly successful, with at least 17 documented "saves." She also reports that most sites report very little PFD theft or loss.

The KDF manual and School Program materials are being used to replicate the program in communities across the country, often under the auspices of the Coast Guard Auxiliary or Safe Kids. There are currently more than 500 KDF programs in the United States.

Official webpage: http://www.hss.state.ak.us/dph/chronic/injury_prevention/kids_dont_float.htm

CSN guide to Kids Don't Float: <http://www.childrensafetynetwork.org/spotlight/preventing-drowning-alaska-kids-don%E2%80%99t-float>

5. Waterproof Florida

Florida leads the country in drowning deaths of children ages 1-4. The WaterproofFL website has resources like brochures, posters, Water Watcher tags, and safety videos. It is based upon three layers: supervision, barriers, and emergency preparedness.

<http://www.waterprooffl.com>

6. Everyone Swims

Everyone Swims is a partnership to increase access to swimming and water recreation among culturally diverse and low-income families in Seattle and King County, Washington. Over 20 different pools, water recreation organizations and community health clinics are working on developing policy and system changes related to swimming scholarships; swim ability screening; referral to swimming and water recreation programs; and special swim programs for children and families with unique needs.

<http://www.seattlechildrens.org/classes-community/community-programs/drowning-prevention/policy/>

Legislation

7. Virginia Graeme Baker Pool and Spa Safety Act

After the tragic death of Virginia Graeme Baker, a young girl who drowned after being trapped by the powerful suction from the drain of a hot tub, her mother lobbied to pass the Virginia Graeme Baker Pool and Spa Safety Act. The act requires the use of anti-entrapment drain covers. It was signed into federal law in December of 2007.

<http://www.poolsafely.gov/pool-spa-safety-act/virginia-graeme-baker/>

8. California's Swimming Pool Safety Act

This act requires residential pools to have at least one of seven types of security around the pool: isolated from home by enclosure, pool fencing, safety pool cover, exit alarms to doors in home that give direct access to pool, a self-closing and self-latching device which will close doors to the pool area that are at least 54" high, pool alarms that detect when accidental or unauthorized entrance into the water, or other, as long as it is approved by the ASTM or ASME.

<http://www.cdph.ca.gov/HealthInfo/environhealth/water/Documents/RecHealth/SwimmingPool-SafetyAct.pdf>

9. Boating Education Laws

Each state has unique boating education requirements, and boating rules, laws, and regulations vary from state to state for obtaining a boat license or safety certification.

http://www.americasboatingcourse.com/abc_website/state_boating_law.htm

Resources and Publications

10. Clear Danger: A National Study of Childhood Drowning and Related Attitudes and Behaviors

This 2004 report from Safe Kids sought to examine the circumstances of drowning in children ages 14 and under and to determine the knowledge, attitudes, and behaviors of parents regarding water safety.

As children approach adolescence, they are given more freedom and begin to take greater responsibility for their own safety. For this reason, Safe Kids also surveyed “twens” (children ages 8 through 12) to assess their knowledge, attitudes, and behaviors.

The report highlights four important components of water safety: active supervision by a designated adult, safe water environments, proper gear, and education.

<http://www.safekids.org/assets/docs/ourwork/research/research-report-safe-kids-week-2004.pdf>

11. CPSC Annual Reports on Children’s Submersion and Entrapment Incidents

In 2005-2007, there was an annual average of 385 pool and spa-related drownings of children younger than 15; about 78 percent of these children were younger than five.

In 2007-2009, there was an estimated average of 4,200 pool or spa emergency department-treated submersions for children younger than 15; children between the ages of 12 to 35 months represented 47 percent of estimated injuries for these years.

About 54 percent of the estimated injuries for 2007-2009, and 74 percent of the fatalities for 2005-2007 occurred at a residence and involved children younger than age 15.

Pool and Spa Submersions 2010: <http://www.cpsc.gov/library/foia/foia10/os/poolsub2010.pdf>

Circulation/Suction Entrapments 2010: <http://www.cpsc.gov/library/foia/foia10/os/entrap10.pdf>

12. Drowning: A Status Report by the New England Journal of Medicine

In May of 2012, the New England Journal of Medicine released a report stating that drowning is a leading cause of death worldwide for boys ages 5 to 14. Risk factors include: gender, age, alcohol use, low income, poor education, risky behavior and lack of supervision.



<http://www.nejm.org/doi/full/10.1056/NEJMr1013317>

13. Drowning Deaths and Injuries: An Infographic from Pool Safely

This infographic provides statistics around drowning deaths in pools and spas.

<http://www.poolsafely.gov/drowning-deaths-injuries/>

14. The Drowning Risks Associated with Visiting Family or Friends

This 2012 study from the Journal of Pediatric Intensive Care found there was an increased risk of pediatric drowning accidents when visiting relatives or friends compared with the risk at home.

http://www.elevatinghealthcare.org/sites/default/files/field/Drowning_Risk.pdf

15. Drowning – United States, 2005-2009

This May 2012 publication from CDC's Morbidity and Mortality Weekly Report (MMWR) discusses drowning rates in the United States, finding that children aged 1-4 are at the highest rate for drowning.

http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6119a4.htm?s_cid=mm6119a4_w

16. Home Water Hazards for Young Children: AAP Guidelines

These AAP guidelines cover home water hazards, such as shallow water drowning. A child can drown in just two inches of water.

<http://www.aap.org/family/homewatr.htm>

17. How Child Drowning Can Be Prevented

Jennifer Allison, the Assistant Director of the Children's Safety Network, gives an interview with CSN's parent company, EDC, on how to prevent child drowning.

http://www.edc.org/newsroom/articles/how_child_drowning_can_be_prevented

18. International Open Water Drowning Prevention Guidelines

This was published in 2010 by the Seattle Children's Hospital. An international task force on open water drowning prevention - 18 experts from 12 countries - established these brief guidelines for families and individuals recreating at any open water site.

The guidelines emphasize swimming and water safety survival skills for everyone and provide strategies for those who are responsible for children while recreating in open water.

<http://www.seattlechildrens.org/classes-community/community-programs/drowning-prevention/open-water-guidelines/>

19. Lifeguard Effectiveness: A Report of the Working Group



This report, published by the CDC's National Center for Injury Prevention and Control (CDC) in 2001, assesses lifeguards as a strategy for preventing drowning and water-related injuries.

The product of an expert meeting and a review of data from the United States Lifesaving Association (USLA) and other sources, the report helps communities, local government officials, and owners of private water recreational areas make informed decisions about whether to begin, retain, or discontinue lifeguarding services.

<http://www.cdc.gov/HomeandRecreationalSafety/pubs/LifeguardReport-a.pdf>

20. Pediatricians Approve Swimming Lessons for Babies

This article from Time, published in May of 2010, discusses the new shift towards swimming lessons for babies. The American Academy of Pediatrics (AAP) loosened its position on swimming lessons for toddlers younger than 4 years old. Before, the national pediatricians group has recommended against swimming lessons for very young children on the grounds that there was no evidence that early aquatic lessons reduced the risk of drowning or actually encouraged proficient swimming skills. What's more, such programs could give parents and young children a false sense of confidence around water, the AAP said.

<http://healthland.time.com/2010/05/25/pediatricians-approve-swimming-lessons-for-babies/#ixzz1h563VqwC>

21. Pediatric Submersion Events in Portable Above-Ground Pools in the United States, 2001-2009

This Nationwide Children's Hospital study finds that every five days during the summer months a child drowns in a portable pool in the United States. 94 percent of deaths and injuries in soft-sided or inflatable wading pools occurred among children younger than 5. Nearly three-quarters of the incidents occurred in the child's own yard. The authors encouraged parents to take steps to prevent their child from accessing portable pools and called on manufacturers to develop safe and affordable drowning prevention tools made specifically for use with portable pools.

<http://pediatrics.aappublications.org/content/early/2011/06/16/peds.2010-3033.full.pdf>

22. Personal Watercraft Use by Children and Adolescents

This AAP Policy statement was published in 2000 and reaffirmed in 2010.

“No one younger than 16 years should operate a personal watercraft.

The operator and all passengers must wear US Coast Guard-approved personal flotation devices.

Other safety recommendations are suggested for parents and pediatricians.”

<http://pediatrics.aappublications.org/content/105/2/452.full.pdf>

23. Prevention of Drowning: An AAP Policy Statement

This policy statement includes 14 water safety tips that will educate parents.

Recommended community interventions include: legislation to mandate 4-sided isolation pool fencing for all new and existing residential pools; efforts to ensure that community pools and other pools accessible to the public (such as pools at apartments, hotels, and motels) have certified lifeguards; state and local legislation and regulations to establish basic safety requirements for natural swimming areas (e.g., mandating the presence of certified lifeguards in designated swimming areas); and enforcing laws that prohibit alcohol and other drug consumption by boat occupants, not just operators.

<http://pediatrics.aappublications.org/content/early/2010/05/24/peds.2010-1264.full.pdf>

24. Prevention of Drowning: Technical report - An AAP Publication

This report describes evidence-based child drowning prevention practices: adult supervision; pool fencing; pool covers; pool alarms; lifeguards; CPR training; swimming instruction and water-survival training; and personal flotation devices (PFDs).

<http://pediatrics.aappublications.org/content/early/2010/05/24/peds.2010-1265.full.pdf>

25. Safe Kids: Water Safety Guide

This water safety guide from Safe Kids has tips to prevent drowning, facts about drowning, latest water safety news, and more.

<http://www.safekids.org/safety-basics/safety-guide/water-safety-guide/>

26. Safety Barrier Guidelines for Home Pools

This manual helps families to build the barriers intended to prevent drownings and near-drownings of children in home pools, spas and hot tubs.

Guidelines cover fences, gates, audible alarms for doors with access to pools, and power safety covers.

<http://www.poolsafely.gov/wp-content/uploads/362.pdf>

27. Stay Safe in and Around Swimming Pools

This webpage from the CDC discusses water safety and the statistics and facts around drowning.

<http://www.cdc.gov/Features/dsSafeSwimmingPool/>

28. Submersions Related to Non-Pool and Non-Spa Products: A CPSC Report

The end of outdoor swimming and pool season doesn't mean the end of drowning dangers for young children. After pools, more children drown in bathtubs than in any other product in and around the home.

This report, published by the U.S. Consumer Product Safety Commission (CPSC), warns of in-home drowning dangers with bathtubs, bath seats, and buckets.

For 2003-2005, an annual average of 90 children younger than five years of age drowned in bathtubs (62 percent), baby seats or bathinettes (15 percent), buckets and pails (11 percent), landscaping or yard products (6 percent), and other products (4 percent).

For 2005-2007, an annual average of 39 non-fatal submersion incidents was reported for the same products. The majority of drownings and non-fatal submersion incidents involved children younger than two years old.

Many of the reported incidents involved a lapse in supervision, such as leaving the bathroom momentarily while the child was in the bathtub or leaving an older sibling to watch a younger sibling.

CPSC offers safety tips for parents and caregivers to follow when children are around bathtubs, bath seats, buckets, spas, or decorative ponds or fountains: never leave young children alone, even for a moment, near any water; don't leave a baby or toddler in a bathtub under the care of another young child; and never leave a bucket containing even a small amount of liquid unattended.

<http://www.cpsc.gov/LIBRARY/FOIA/FOIA09/os/nonpoolsub2008.pdf>

29. Summer Safety Tips - Sun and Water Safety from the American Academy of Pediatrics

This list of tips covers sun safety, pool safety, heat stress, boating safety, and open water swimming safety.

<http://www.healthychildren.org/English/news/Pages/Summer-Safety-Tips-Sun-and-Water-Safety.aspx>

30. Trends in US Pediatric Drowning Hospitalizations, 1993-2008

This study from Pediatrics, released in early 2012, provides national estimates of pediatric drowning

hospitalization that can be used as benchmarks to target and assess prevention strategies.

<http://www.pediatricsdigest.mobi/content/129/2/275.full.pdf>

31. Unintentional Drowning: Get the Facts

This fact sheet from CDC provides information on unintentional drowning. “About one in five people who die from drowning are children 14 and younger. For every child who dies from drowning, another five receive emergency department care for nonfatal submersion injuries.”

<http://www.cdc.gov/HomeandRecreationalSafety/Water-Safety/waterinjuries-factsheet.html>

32. U.S. Consumer Product Safety Commission - Drowning Prevention Publications

The U.S. Consumer Product Safety Commission works to keep consumers safe from hazardous products that cause injuries or death. This webpage provides access to publications on pool safety and drowning prevention.

<http://www.cpsc.gov/cpsc/pub/pubs/chdrown.html>

CSN Webinars

33. Drowning Prevention: Programs & Strategies

Join the Children’s Safety Network to learn about important national approaches to drowning prevention, such as: The Consumer Product Safety Commission’s Pool Safely campaign is the education and information effort supporting the Virginia Graeme Baker Pool and Spa Safety Act. Pool Safely works with its partners around the country to inform the public, including parents, caregivers, children, and the industry about drowning and entrapment prevention.

<http://www.childrensafetynetwork.org/webinar/drowning-prevention-programs-strategies>

34. SERICN: Kids Don’t Float - A Drowning Prevention Program

According to the Centers for Disease Control and Prevention, more than one in five fatal drowning victims are children 14 years old and younger. For every child who dies from drowning, another four receive emergency department care for nonfatal submersion injuries. Listen to this SERICN webinar and hear about the drowning prevention program, Kids Don’t Float, from Ron Perkins, the retired Executive Director of the Alaska Injury Prevention Center and Joe McCullough, the Education Coordinator for Alaska’s Office on Boating Safety. This webinar was presented in May of 2011.

<http://www.childrensafetynetwork.org/webinar/kids-dont-float-drowning-prevention-may-2011>



35. SERICN: Policy Strategy to Prevent Open Water Drowning in Washington State

This SEIRCN webinar was presented in July of 2011 by Elizabeth “Tizzy” Bennett. It discusses drowning as a public health issue in Washington state and examines prevention policies.

<http://www.childrensafetynetwork.org/webinar/drowning-prevention-washington-july-2011>

36. South by Southwest Injury Prevention Region Community of Practice: Florida Drowning Prevention

This webinar, presented in January of 2012, provides an overview of Florida’s drowning and drowning prevention data from 2006 until present.

<http://www.childrensafetynetwork.org/webinar/south-southwest-injury-prvtn-region-community-practice-florida-drowning-prevention>

Scald Injuries

37. Burn and Scalds Safety

This fact sheet from Safe Kids provides information on burns and scalds and how to prevent them.

<http://www.safekids.org/assets/docs/ourwork/research/2011-burns-and-scalds.pdf>

38. Preventing Unintentional Scald Burns: Moving Beyond Tap Water

This article, published by Pediatrics in 2008, sought to examine in detail the mechanisms of significant scald burns among children <5 years of age, to discover insights into prevention. The article found that Current prevention strategies and messages do not adequately address the most common mechanisms of scald injury requiring hospitalization. Easy access to a microwave oven poses a significant scald risk to children as young as 18 months of age, who can open the door and remove the hot contents. An engineering fix for microwave ovens could help protect young children from this mechanism of scalding. Involvement of older children in a subset of scald injuries is a new finding that may have prevention implications.

<http://pediatrics.aappublications.org/content/122/4/799.full.pdf>

39. Scalds and Other Hot Liquid Burns among Children 0-4 Years of Age, Oklahoma, 1990-2007

From 2004-2006, fire and burn-related injuries were the seventh leading cause of nonfatal injury for children under five years of age in the United States and the fourth leading cause of unintentional injury death. This publication provides facts and information on burns and scalds as well as information on prevention.

http://www.ok.gov/health/documents/Scalds_Among_Children_2009.pdf



CSN is a resource center for MCH and injury prevention professionals in State and Territorial health departments who are committed to reducing injuries and violence among children and adolescents. CSN is supported by the Maternal and Child Health Bureau, Health Resources and Services Administration, Department of Health and Human Services.

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