



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET READY. STAY READY

## Emergency Tip of the Month

In San Diego County, drowning is the leading cause of death in children ages 1-4 and the second leading cause of death in children under the age of 1. It is especially important to safeguard children in your care around any type of body of water whether it is a swimming pool, spa, fish pond or even water play table.

Here are tips you can use to prevent drowning at your child care.



- 1) Never leave a child unsupervised, even for a minute, around any water.
- 2) Do not leave any water in bathtubs, kiddie pools, buckets or water stations. Children can drown in as little as an inch of water.
- 3) A baby bath seat is not a substitute for supervision. A bath seat is a bathing aid, not a safety device.
- 4) Keep the toilet lid down to prevent access to the water and use a toilet clip to stop young children from opening the lids.
- 5) Always maintain fences and gates and secure safety covers and other barriers to prevent children from gaining access to pools, spas or hot tubs. Contact Licensing at 619-767-2200 for regulations for water play.
- 6) If needed, USE CPR -- it can be a lifesaver when seconds count.
- 7) Read our newsletter CRS Connect for updated licensing requirements for Centers and Family Homes regarding bodies of water and safety.

FOR MORE INFORMATION ON KEEPING YOUR CHILD CARE FACILITY SAFE, CONTACT THE YMCA CHILDCARE RESOURCE SERVICE AT 1-800-481-2151.