

Be a Rotary SAFE Newport Beach Sunrise WATER WATCHER

WHAT IS A WATER WATCHER?

A Water Watcher is an adult who pledges their full attention to the safety of children playing in and around the water. By designating a Water Watcher, other adults know not to distract the Water Watcher and are reminded to contribute to the safety of the children and others.

WHY DO WE NEED WATER WATCHERS?

- Drowning is the leading cause of death among children 1-4 years old and 2nd only to motor vehicle crashes for children ages 1-14*.
- Drowning is silent and quick! Children do not splash or scream when they drown.
- Drowning can happen in as little as 30 seconds, in only a few inches of water.

HOW DO YOU SET UP A WATER WATCHERS PROGRAM?

1. Assign an adult who will pay constant attention to the children in the water.
2. Provide each Water Watcher with a medallion**.
3. Ensure that each body of water is monitored, even if there is a lifeguard.
4. Encourage parents and caregivers to monitor their children closely.
5. Switch with the Water Watcher if they become distracted or need a break.

If you are the Water Watcher, be sure to:

- Wear a Water Watcher's medallion**
- Put down your cell phone
- Avoid all other activities
- Supervise even if there are lifeguards
- Switch off with another adult for breaks

*Drowning is responsible for more deaths among children 1-4 than any other cause except congenital anomalies (birth defects). Among those 1-14, fatal drowning remains the second-leading cause of unintentional injury-related death behind motor vehicle crashes. (www.CDC.gov)

** If you do not have one, create your own Water Watcher's medallion, name tag or some other item which clearly identifies a responsible adult as the Water Watcher (jacket, hat, sash, staff, ring buoy, etc.)



Pool Safety Tips

No Running or Horseplay – Pool decks can be slick, leading to falls, scrapes, bruises, cuts, broken bones and concussions.

No Glassware or Glass Bottles – Broken glass can get into the water, between pavers and in cracks, potentially causing serious harm.

No Large Inflatables or Rafts – Inflatables can prevent a child from reaching the surface for air, while blocking the view of caregivers.

Bathroom Breaks every hour – Regular breaks help keep the water safe to swim in and provides a chance for children to hydrate and rest.

Hot tub water (104°) can be deadly to children – Small children can quickly overheat, leading to permanent organ and brain damage, even death.

Floaties are not a replacement for supervision – Floaties may deflate, be removed or slip off, providing a false sense of security for the child and caregiver.

Educate yourself and your children – Learn CPR, teach your children basic water safety and enroll them in swimming lessons.

Do not rely on inflatable toys, noodles, siblings, etc. – If they cannot swim, fit them with an appropriate personal floatation device (PFD) when near water.

If a child is missing, look in the pool or spa first. – Permanent brain damage begins after only 4 minutes without oxygen. Begin CPR immediately then call 911.

A YOUTH SAFETY PROJECT BROUGHT TO YOU BY:



Rotary is where friends, neighbors and problem-solvers share ideas, join leaders, and take action to create lasting change. The Newport Beach Sunrise Rotary Club meets weekly at the Five Crowns Restaurant in Corona Del Mar on Tuesday mornings @ 7:30 AM for coffee and breakfast. Guests are always welcome. Find out more at www.NewportBeachSunriseRotary.org

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