

## Keep Kern County's Children Safe

The warm weather of Kern County tends to drive children to swimming pools, canals, lakes, and the Kern River for a chance to cool off. An oasis can quickly become a hazard if adults are not actively supervising these water interactions.

There are many ways that parents and guardians can prepare themselves, and their children to be safe in the hot summer months. Maintaining constant supervision, teaching your child to swim, and learning CPR are some of the ways you can be prepared.

Take steps now to make water safety your priority. This booklet will provide water safety tips to help keep your family safe.



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# BAKERSFIELD

RECREATION & PARKS

McMurtrey Aquatic Center  
1325 Q Street, Suite 200

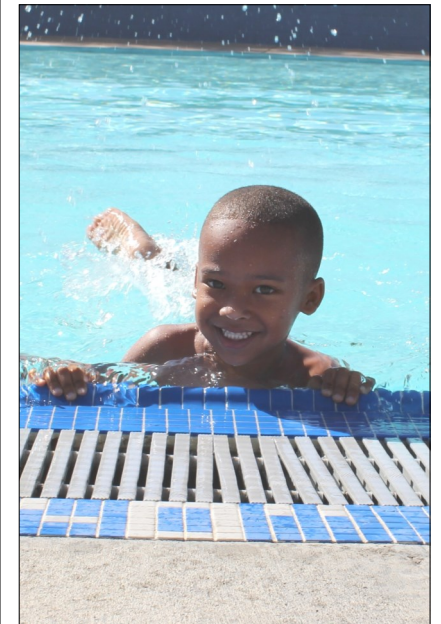
Phone: (661)852-7430

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[www.bakersfieldparks.us](http://www.bakersfieldparks.us)

City of Bakersfield  
Recreation & Parks

## Water Safety Tips for Parents



McMurtrey Aquatic Center  
1325 Q Street, Suite 200  
(661) 852-7430



## Keep Your Child Safe, In and Around Water

### Understand the Risks



Drowning is the leading cause of death for infants and young children between the ages of 1-4. (US CDC)

A swimming pool is 14 times more likely than a motor vehicle to be involved in the death of a child age 4 and under. (OC Fire Authority)

Between 2002-2012, 47 children died from drown-

ing in Kern County. (Kern County 2014 Report)

Participation in formal swim lessons could reduce the likelihood of childhood drowning by 88%. (USA Swimming.org)

### It Only Takes a Moment

Drowning usually happens quickly and silently. Often children are out of sight for less than 5 minutes. (US CDC)

### Be Prepared

Know how to respond to an aquatic emergency. Secure your pool or hot tub with appropriate barriers. Remove any structures that provide unsupervised access. Don't leave pool toys in pool area when not in use. If a child is missing, check water first. Seconds count in preventing death or disability.

### Stewie the Duck's Swimming Safety Rules

1. A grown-up must watch you in the pool.
2. Cover your chest with a life vest.
3. Don't jump in 'til you learn to swim.
4. Reach or throw, don't go.

(source: [www.stewietheduck.com](http://www.stewietheduck.com))



### Safety Advice for Parents

- Maintain constant supervision of children in and around water. It only takes inches for a child to drown.
- Teach your children to swim. Consider enrolling them in a local program that is age appropriate.
- Learn CPR. This can save a life in the event of a water related accident.
- Use US Coast Guard approved life vests. Other floatation devices can shift or malfunction, and should not be used as a safety device.
- Establish rules and enforce them. No one swims alone, stay away from drains, and no diving in pool (if appropriate).



Be involved in your child's swim lessons: you can both learn valuable safety tips.

## Parent Resources

### CPR/AED & First Aid Classes

The City of Bakersfield has partnered with First 5 Kern to make CPR/AED & First Aid classes available to parents of children ages 0-5 free of cost. Classes are held on Saturdays from 8 am-1pm at the McMurtrey Aquatic Center. Check Activity Brochure or City Website for class dates.

### Swim Lessons

The City offers American Red Cross Learn to Swim lessons. Red Cross Learn to Swim features six levels of instruction to help swimmers of all ages and abilities develop their skills. Four sessions are offered June through August at the four City pools. For registration information, see Summer Activity Brochure or [www.bakersfieldparks.us](http://www.bakersfieldparks.us).



### Water Safety Education

This program creates awareness of water safety issues and helps educate families in order to reduce drowning incidents. Throughout the year we offer local water safety workshops to work with adults in the community to keep children safe in Kern County. In addition, parents that are observing their children during swim lessons and those in attendance at special events are provided with water safety information. The City is dedicated to increasing awareness of what each of us can do to practice water safety.