
Swimming Pool Safety

Never use your pool or hot tub alone. Should someone become unconscious or injured, it is critical to be able to assist the person immediately and contact emergency services. If you are alone in your pool, you run the risk of being without help for a considerable amount of time. Also, it's just more fun to have people with you!

Do not allow children to swim unattended. Constant supervision is absolutely necessary to protect their well-being. Also, make sure children are strong enough swimmers to be in the pool, and make sure the pool is not larger or deeper than they can handle.

When using a pool or hot tub, consume alcohol responsibly. Alcohol and water can be a fatal combination. Alcohol can impair judgment, possibly causing a traumatic incident, but when combined with heat such as that in a hot tub, alcohol's effect is increased, possibly causing unconsciousness which could lead to drowning.

Keep glass away from the pool area. Most people are around a pool in bare feet, so any broken glass could cause injury. Use plastic cups, plates, and bottles when around the pool.

Limit access to your pool or hot tub. Put a railing including a locking gate around your pool, preventing unauthorized access. Make sure to keep the gate closed and locked when the pool is not in use.

Keep a flotation device nearby in case of an emergency. Also, having a long object close to the pool, such as the handle to a pool vacuum, could prove useful in an emergency.

Do not allow diving or jumping into pools not designed for this activity. Diving or jumping into a pool not designed for this could lead to severe injury, including paralysis, or even death.

If an emergency occurs, call 911 immediately! Time is of the essence, so do not delay contacting emergency services at the first indication of a problem.

Should a diving accident occur and the person is unconscious, stabilize the neck and back and be sure their nose and mouth is above water to allow breathing, but do not attempt to remove the person from the water. Doing so could cause severe injury, so leave removal of the person to trained emergency personnel.

Take a CPR course provided by the American Red Cross or American Heart Association. This training will allow you to provide critical emergency care to a victim of a drowning before EMS personnel arrive. These courses are provided at intervals at the American Red Cross in Manchester, or at the Candia Fire Station and other facilities in the area.

The most important point to remember is to use common sense around pools and hot tubs. These points are provided as a service to the community, and this list is not intended to be all-inclusive.
