



Child Safety and Swimming Pools

The Board of Governors and the staff of Conestoga Swim Club are concerned about the safety of all members. In fact, it is our primary mission. We are particularly sensitive to the safety of our youngest members. In investigating the safety of children around swimming pools, the board finds the following recommendations to be advisable.

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Swimming Pools: Staying Safe While Having Fun

A swimming pool can be very dangerous for children. If possible, do not put a swimming pool in your yard until your children are older than 5 years. Help protect your children from drowning by doing the following:

- Never leave your children alone in or near the pool, even for a moment. An adult who knows CPR should actively supervise children at all times.
- Practice touch supervision with children younger than 5 years. This means that the adult is within an arm's length of the child at all times.

What is the best way to keep my child safe around swimming pools?

An adult should actively watch children at all times while they are in a pool. For infants and toddlers, an adult should be in the water and within arm's reach, providing "touch supervision." For older children, an adult should be paying constant attention and free from distractions, like talking on the phone, socializing, tending household chores, or drinking alcohol. The supervising adult must know how to swim.

Swimming Lessons

Children need to learn to swim. The AAP supports swimming lessons for most children 4 years and older. Because of recent research, the AAP no longer advises against swimming lessons for children 1 to 4 years of age. Keep in mind that because children develop at different rates, each child will be ready to swim at his own rate. Other factors parents may consider before starting swimming lessons for younger children include frequency of exposure to water, emotional maturity, physical limitations, and health concerns related to swimming pools (i.e., swallowing water, infections, pool chemicals).

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Therefore, the Board of Governors of Conestoga Swim Club hereby adopts a touch supervision policy for all non-swimming children under the age of 5. As a result, no flotation devices of any kind will be allowed in either pool.

J.C. Hadden

President

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Date