

Water **SMART** Babies

Developed by the
Drowning Prevention Task Force
of Broward County



Message to Parents

Welcome

The Broward County Drowning Prevention Task Force has developed this guide to support your efforts in keeping your children safe. Your involvement is the most important factor in helping you prevent, prepare for and cope with emergencies. The resources contained in this guide will provide you with useful tools to help make your children water safe and Water SMART (Safety Methods and Rescue Techniques).

Please take a few moments to review this guide, including the information about locations for water safety lessons, CPR training and safety equipment.

Drowning is the leading cause of death for children ages 1 to 4 in Broward County. For more information visit **browardchd.org** or **(954) 213-0712**.

Thank you,
Drowning Prevention Task Force



Prescription for Water Safety

Please take this prescription to your local aquatic facility to sign up for your child's water safety lessons.

Child's Name: _____

Age: _____ Today's Date: _____

- Water Safety Lessons**
- Child and Infant CPR and First Aid Classes**
- Door Alarms and Pool Fencing Information**

Name of Doctor's Office: _____

Doctor's Signature: _____

A doctor's signature is not required to enroll in water safety programs.

Instructions for Pool Staff

Please mail or fax forms to Kim Burgess at:

Broward County Health Department
780 S.W. 24 Street, Fort Lauderdale, FL 33315
Phone: (954) 213-0712 / Cell: (954) 895-1255
Fax: (954) 467-4785
Kimberly_Burgess@doh.state.fl.us



Did You Know. . .

- The majority of drownings occur in residential pools while children are unattended
- For every child who drowns, four others are hospitalized for near drownings, and as many as three suffer brain damage
- Fifteen percent of children admitted for near drownings die in the hospital
- Typical medical costs for a near-drowning victim can range from \$75,000 for initial emergency room treatment to \$180,000 a year for long-term care. While a near drowning that results in brain damage can ultimately cost more than \$4.5 million
- Unprotected in-ground pools are 83 percent more likely to be involved in a drowning than pools with complete four-sided isolation fencing

Source: Florida Department of Health



Home Safety Tips

Don't assume you will hear a child who is in trouble in the water. Child drowning is a silent death, with no splashing to alert anyone that the child is in trouble. Here are some useful tips that can help keep children safe.

- Put locks and alarms on all doors and windows to keep children from getting into the pool area unnoticed
- Surround the pool with pool fencing to keep young children from falling in
- When around water, keep children close enough to reach out and touch them
- Teach children how to turn over on their backs and get to the side of the pool in case they fall in
- Have a telephone and rescue equipment, such as a shepherd's hook nearby
- ALL caregivers should know child CPR



Resources

Find a pool in your area
that offers water
safety lessons.

City	Facility	Address	Phone	Ages
Coconut Creek	Regency Lakes	5601 Regency Lakes Blvd.	(561) 487-8276	3 months+
Cooper City	Cooper City Pool / Tennis Center	11600 Stonebridge Pkwy.	(954) 436-7300	6 months+
	Just Swim Inc.	12239 SW 53 Street	(954) 423-0711	15 months+
Coral Springs	Coral Springs Aquatic Complex	12441 Royal Palm Blvd.	(954) 345-2121	3 years+
	Cypress Park Pool	1300 Coral Springs Dr.	(954) 345-2109	6 months+
	Learn 2 Swim	744 Riverside Dr.	(954) 509-0089	3 months+
	Mullins Park Pool	10000 N.W. 29 St.	(954) 345-2170	3 years+
	Kids in Motion / Mommy & Me classes	11246 Wiles Rd.	(954) 344-1661	6 months+
Dania Beach	C.W. Thomas Park	800 N.W. 2 St.	(954) 924-3695	3 years+
	Meli Park Aquatic Complex	2901 S.W. 52 St.	(954) 985-4400 or (954) 985-4401	3 years+
Davie	Betty Booth Roberts Park	4200 S.W. 61 Ave.	(954) 797-6716	3 months+
	David Posnack Jewish Community Center / Mommy & Me	5850 S. Pine Island Rd.	(954) 434-0499 ext. 356	6 months+
	Pine Island Community Center	3800 S.W. 92 Ave.	(954) 327-3926	3 months+
Deerfield Beach	Deerfield Beach Aquatic Center	510 S.E. 6 Ave.	(954) 420-2263	6 months+

Fort Lauderdale	Bass Park	2750 N.W. 19 St.	(954) 828-8498	6 months+
	Croissant Park	245 West Park Dr.	(954) 523-1068	6 months+
	Fort Lauderdale High School	1600 N.E. 4 Ave.	(954) 468-5590	6 months+
	Fort Lauderdale Aquatics Swim School	501 Seabreeze Blvd.	(954) 468-5590	3 months+
	Fort Lauderdale Aquatic Complex	501 Seabreeze Blvd.	(954) 828-4580	6 months+
	Fort Lauderdale Aqua-Champs	1921 N.E. 26 Street	(954) 561-4844	6 months+
	J. C. Carter Park	1450 W. Sunrise Blvd.	(954) 828-5407	6 months+
	Lauderdale Manors Park	1340 Chateau Park Dr.	(954) 828-5402	6 months+
	Pine Crest School	1501 N.E. 62 St.	(954) 492-4173	6 months+
	Riverland Community Pool	950 S.W. 27 Ave.	(954) 321-1237	6 months+
	Sunrise Middle School	2400 N.E. 8 St.	(954) 468-5590	6 months+
	Westminster Academy	5601 N. Federal Hwy.	(954) 771-4600 ext. 2464	9 months+
Hallandale	Hallandale Municipal Pool	202 S.E. 5 St.	(954) 457-1458	3 years+
Hollywood	Apollo Middle School	6800 Arthur St.	(954) 967-4644	no diapers
	Attucks Middle School	3500 N. 22 Ave.	(954) 967-4644	no diapers
	Driftwood Community Center (kids with disabilities)	3000 N. 69 Ave.	(954) 967-4644	no diapers
	Greater Hollywood YMCA	3161 Taft St.	(954) 989-9622	6 months+
	South Broward Community School	1901 N. Federal Hwy.	(754) 323-1941	6 months+
	T.Y. Park Lake	3300 N. Park Rd.	(954) 357-8811	4 years+
Lauderdale Lakes	Lauderdale Lakes Swimming Pool Complex	3077 NW 39 St.	(954) 733-6283	6 months+
Lauderhill	Central Broward Regional Park	3700 NW 11 Pl.	(954) 321-1170 ext. 18335	2 years+
	Veterans Park	7600 N.W. 50 St.	(954) 572-1459	3 years+
	Wolk Park and Pool / Mommy & Me	1080 N.W. 42 Way	(954) 321-2466	3 years+
Margate	Calypso Cove / Mommy & Me	6200 Royal Palm Blvd.	(954) 974-4566	6 months+
	The Swim Academy (Temple Beth Am)	7205 Royal Palm Blvd.	(954) 861-8536	6 months+
Miramar	Miramar Aquatic Complex	6920 S.W. 35 St.	(954) 894-3133	6 months+
	Miramar Regional Park	16801 Miramar Pkwy.	(954) 641-0150	6 months+

North Lauderdale	North Lauderdale Aquatic Center	701 S.W. 71 Ave.	(954) 724-7063	3 years+
Oakland Park	Northeast High School	700 N.E. 56 St.	(954) 630-4500	5 years+
Pembroke Pines	British Swim School	6861 S.W. 196 Ave.	(954) 747-7251	3 months+
	C. B. Smith Park / Mommy & Me	900 N. Flamingo Rd.	(954) 437-2688	2 years+
	Pembroke Falls Aquatic Center	1361 N.W. 129 Ave.	(954) 538-3646	1 year+
	Pembroke Lakes Tennis Center	10500 Taft St.	(954) 538-3646	1 year+
	Rose Price Park	901 S.W. 208 Ave.	(954) 538-3646	1 year+
	Silver Lakes Park South	17601 S.W. 2 St.	(954) 538-3646	1 year+
	Town Gate Park	901 N.W. 155 Ave.	(954) 538-3646	1 year+
Plantation	Plantation Aquatic Complex	9151 N.W. 2 St.	(954) 452-2525	6 months+
	Baby Otter Temple Kol Ami	8200 Peters Rd.	(954) 704-0080	6 months+
Pompano Beach	Mitchell / Moore Center Pool	901 N.W. 10 St.	(954) 786-4116	6 months+
	Pompano Beach Aquatic Center	820 N.E. 18 Ave.	(954) 786-4128	6 months+
Sunrise	British Swim School	2084 N. University Dr.	(954) 747-7251	6 months+
	Markham Park	16001 W. State Rd. 84	(954) 389-2000	2 years+
	Roarke Pool	1720 N.W. 60 Ave.	(954) 572-2460	6 months+
	Sunrise Civic Center	10610 W. Oakland Park Blvd.	(954) 747-4636	6 months+
	Village Beach Club	6767 N.W. 24 St.	(954) 572-2480	6 months+
	Welleby Pool & Tennis	9601 W. Oakland Park Blvd.	(954) 572-2285	6 months+
Tamarac	Tamarac Aquatics Center	9300 N.W. 58 St.	(954) 597-3660	3 years+
West Park	Boys and Girls Club Carver Ranches Pool	2205 S.W. 44 Ave.	(954) 967-8787	18 months+
Weston	Sheinberg Family YMCA of Weston	20201 Saddle Club Rd.	(954) 424-9622	6 months+
	Miami Children's Hospital Dan Marino Center	2900 S. Commerce Pkwy.	(954) 385-6274	6 months+
	The Swim Academy (Sagemont School)	1570 Sagemont Way	(954) 384-4500	6 months+

CPR Classes

To find CPR classes for infants and children, look in business telephone directories under CPR classes or check with your local fire department, hospital or American Red Cross.

Organization	Phone Number	Website
American Heart Association	(954) 772-8100	americanheart.org
American Red Cross	(866) 797-7990	browardredcross.org
Broward Health	(954) 759-7400	browardhealth.org
CPR, Etc.	(954) 325-2721	cpr-etc.net
Memorial Healthcare System	(954) 265-0994	mhs.net

CPR Reference

IMMEDIATELY PHONE 911 AND BEGIN CPR

For victims younger than age 8, administer 1 minute of CPR before calling 911.

	Infants Up to Age 1	Children Age 1 to 8	Adults Age 8 and Older
Rescue breathing Has circulation signs; perform rescue breathing only	1 breath every 3 seconds	1 breath every 3 seconds	1 breath every 5 seconds
Compression landmark Has no circulation signs; perform rescue breathing and compressions	One finger width below nipple line	Center of chest between nipples	Center of chest between nipples
Method	Two fingers	Heel of one hand	Heel of one hand, with other hand on top
Rate per minute	100	100	100
Depth	1/3 to 1/2 depth of chest	1/3 to 1/2 depth of chest	1 1/2 to 2 inches
Ratio compressions to breath	30:2	30:2	30:2

A young child with blonde hair is looking down at a pool of water. The child's hands are near the water's surface. The background is a bright blue sky. The bottom of the page features a decorative graphic of blue circles and ripples.

Safety Devices

For information about:

- Pool fencing, look in business telephone directories under Pool Fencing/Pool Fence Companies
- Door alarms, look in business telephone directories under Home Improvement/Hardware Stores
- Visit The Association of Pool & Spa Professionals® at apsp.org for a complete list of builders, retailers and service companies in the area

Task Force Members

American Red Cross

AquaChamps Swim School

Baby Otter Swim School

British Swim School

Broward County Health Department

Broward County Child Protection Team

Broward County SWIM Central

Broward Sheriff's Office Fire Rescue

Broward Sheriff's Office Child Protective Investigations Section

Children's Medical Services – Southeast Region

Children's Services Council of Broward County

City of Fort Lauderdale

City of Lauderhill

CPR-Etc

Department of Children and Families

Edna Mae McGovern Foundation

Fort Lauderdale Aquatics

International Swim Instructors Association

International Swimming Hall of Fame

Joe DiMaggio Children's Hospital

J'Mari and Friends Foundation

Nova Southeastern University

Memorial Healthcare System

Quality Swimming

United States Swim Academy

YMCA of Broward County



Joe DiMaggio Children's Hospital

AT MEMORIAL

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