

Silver Bear Swim School Water Safety Goal

The Silver Bear Swim School water safety goal for our community is to reduce the incidence of childhood drowning through education and instruction:

Educate parents on the importance of water safety and teach all children to swim:

- Children are never water “safe,” swim lessons help make them “safer”
- Children, even “swimmers,” should never be left unattended in or around water
- Secure all pools with proper child-proof gates
- Use proper flotation devices where necessary (boats, large bodies of water, etc.)
- Know proper emergency procedures including CPR

Educate children on importance of water safety:

- Never swim or play around water without an adult
- Never try to retrieve objects in water on own - - ask adult for help
- Never try to help a friend struggling in the water - - ask adult for help
- Learn how to swim
- If a fall into the water occurs, turn around swim back to wall - - call for help or climb out

Teach children in our Baby Bear program to come off the wall into the pool, turn around, swim back and grab wall unassisted.

Our focus is on creating educated parents and children and teaching children swim skills that increase their confidence and comfort in the water and give them the best chance for survival in an emergency.

There are several safety issues that parents in any swim or aquatic environment should be aware of:

Hyponatremia -

Hyponatremia is typically the result of a medical condition that impairs the excretion of water from your body or is due to the excessive consumption of water. The imbalance between sodium and water in your blood may cause heart, kidney or liver failure.

Cases of hyponatremia actually caused exclusively by drinking too much water are very rare and even rarer from swimming related water consumption. Our goal is for children not to drink any water, and if you are using proper submersion techniques they should not. Please keep an eye on your babies (especially the little ones) to see if they are drinking water. If you suspect they are drinking a lot of water, a good gauge is the first diaper after swim class.

Babies 6 months to 1 ½ years old should only be submerged 3 – 4 times per class - - 1 ½ year olds to 3 years olds only 4 -6 times per class.

Hypothermia-

Hypothermia is a condition in which an organism's temperature drops below that required for normal metabolism and bodily functions. These cases are more common with small children who have little body fat.

This condition is hard to imagine in our 90 degree air and water environment. It is still good to be educated on the problem. Children will shiver in the pool; this is mostly due to nervousness rather than body temperature.

Indications of 1st stage hypothermia are cold extremities, rapid breathing and disorientation.

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Head and Neck Injuries-

Children have very weak and sensitive heads and necks. Never grab or jerk the head or neck. Be vigilant with parents that they observe these guidelines as well.

There is no running or jumping in or around the pool. All entries from the side or steps of pool are done only with direct, physical assistance from an instructor or parent.

“Dry Drowning”

This is an affliction caused when some amount of water gets into the lungs of a child and sometime later laryngospasms, respiratory arrest, cardiac arrest and eventually brain death can occur.

“Dry drowning” is almost always the cause of a “near drowning” incident, and will be thus administered to by the professional medical personnel who respond to the incident. However, on rare occasion (the CDC has no statistics on dry drowning) dry drowning can occur from just normal aquatic activity.

Symptoms are persistent coughing, shortness of breath, chest pain and lethargy.

Dry drowning is highly treatable, by supplying oxygen, if recognized early enough.