

The West Island HSSC asks you to make your pools safe

Did you know that our province holds the sad record for the greatest number of backyard pool drownings in the country?* Tragically, most victims are very young children. It's important to know that a child can drown in just a few seconds. This is why parents and pool owners must keep a constant watch to ensure the safety of their loved ones.

There are many practical ways to prevent a drowning. We suggest that you follow these measures to keep your pool safe.

Lay down some pool rules

1. Do not allow children to swim in your pool without adult supervision.
2. Do not allow diving if your pool is not designed for it.
3. Never leave toys in the pool outside swimming hours.
4. Make sure that gates are well closed and securely locked when you leave the pool.

Have life jackets available

Pool toys and flotation devices, such as water wings and water noodles, do not prevent children from drowning. Only approved life jackets are reliable. But life jackets can never replace adult supervision, so always be cautious!

Put a proper fence around your pool

Install a fence that a child cannot open or climb over. Young children should not be able to have direct access to a pool, neither from the house nor from their own yard or a neighbour's yard. Most drownings take place in the child's home, outside swimming hours.

Learn the basics of first aid and CPR

CPR (cardiopulmonary resuscitation) or mouth-to-mouth resuscitation can save a life if performed less than 10 minutes after the drowning occurred.

Never leave a child unsupervised

If you need to leave the poolside—if only for a minute? while a child is in the pool, make sure another adult takes over supervision. In addition, bringing a cordless phone outside with you will prevent you from having to go inside to answer a call.

To find out more about pool safety, visit
www.piscines.gouv.qc.ca.