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CITY OF PALMDALE

NEWS RELEASE

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City of Palmdale Celebrates May as National Water Safety Month

PALMDALE – With May being designated as National Water Safety Month by the World Waterpark Association, the Association of Pool & Spa Professionals, the American Red Cross and the National Recreation & Park Association, the City of Palmdale is reminding residents to keep safety top of mind as the warmer weather approaches and residents take advantage of pools, spas and water parks.

“It’s so important to be familiar with basic water-safety skills, especially during summer months when people are more often in the water,” Palmdale’s Director of Recreation and Culture Keri Smith “Not only could you save your own life with this knowledge, but you might also be able to save someone else’s who hasn’t had the training.”

“DryTown Water Park opens for the season on May 28 and we want to make sure that all Antelope Valley residents are ‘water-aware,’ said DryTown Manager Eric Dombrowski.

In addition to providing water safety tips in the summer edition of Palmdale Magazine, the City is offering several swim lesson classes from beginners to advanced at the McAdam, Oasis and Marie Kerr pools starting in June. Details are available at www.cityofpalmdale.org/playpalmdale, or in the magazine which is mailed to Palmdale households, available at the recreation & culture office at 38260 10th St. East, or online at www.cityofpalmdale.org/Residents/Palmdale-Magazine.

In addition, the City is joining forces with the nation's top water safety and training organizations to present The World's Largest Swimming Lesson™ (WLSL), at 9 am on

Friday, June 24 at DryTown Water Park, located at 3850 E. Ave. S. For more information, about the WLSL, please visit www.worldslargestswimminglesson.org.

The City will also celebrate the grand re-opening of the newly renovated McAdam Park pool with a special event on Saturday, July 2. The project, which cost \$1.5 million to complete, was covered by nearly \$1 million in grant funding, with the remainder provided by park fees. This season, McAdam will offer youth swim lessons, adaptive swim lessons, recreation swim and introduction to lifeguarding classes.

For more information aquatic activities in Palmdale, please contact the parks and recreation office at 661/267-5611 or by email at aquatics@cityofpalmdale.org.

Pool Safety Tips

Drowning takes the lives of more California toddlers than any other kind of accident. Children who manage to survive a near drowning often suffer permanent brain damage from lack of oxygen. Drownings are silent and occur very fast. Most people think a drowning will be obvious as the victim thrashes in the water and calls for help. In reality, the victim may not have the energy to splash or call out and will drown in seconds.

Most of these drownings take place at the homes of parents, relatives or neighbors. Educating yourself and your child about swimming safety and making sure your pool has proper fencing can reduce the possibility of injuries or death through drowning. Here are some tips to keep in mind:

- Make sure you have adequate fencing around your pool that is in full compliance with Palmdale's ordinance including a self-closing, self-latching gate with release mechanisms placed at least 54 inches from the floor. For the full list of requirements, contact Building & Safety at 661/267-5353.

- Never leave children unattended. Active supervision means keeping your eyes on children at all times. Do not become distracted by looking at your cell phone or reading a book.
- Learn to swim. Research has shown that participation in formal swimming lessons can reduce the risk of drowning among children aged 1 to 4 years. Contact the Recreation and Culture department at 267-5611 for available swimming lessons.
- Learn CPR. Contact Red Cross at 267-0650 for classes on water safety and CPR.
- When children are swimming and several adults are present, designate an adult to supervise the children swimming for a certain amount of time, this will prevent lapses in supervision. Hiring a lifeguard is a great alternative when having a pool party and children are present.
- Do not dive in shallow waters or in waters in which you are unable to tell the depth.
- Do not leave your child unattended in the bathtub. A drowning can happen in as little as 20 seconds, even in water that is only inches deep.

For more information, please visit <http://www.cdc.gov/homeandrecreationalafety/water-safety/waterinjuries-factsheet.html> .