

Be Safety Aware

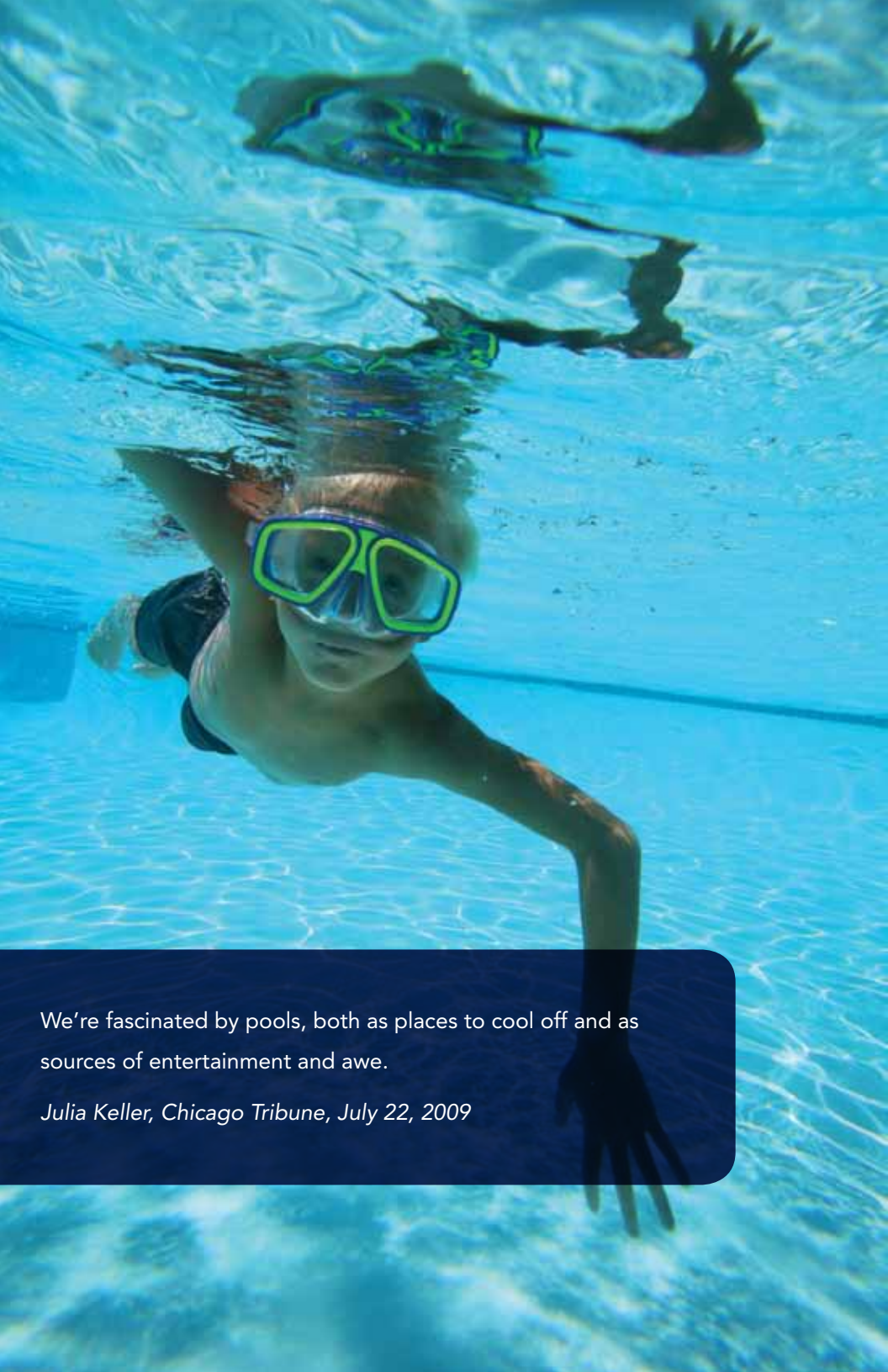


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Get the most pleasure from your
pool, spa and hot tub!





Safety First!

Pools, spas and hot tubs offer many extraordinary benefits for health, fitness and socialization. A pool is a great place to exercise because it offers both cardiovascular and strengthening benefits at the same time, a rarity in workouts. Having the family together and inviting friends to join you in your swimming pool, spa or hot tub provides a very special setting to spend time together and have fun.

This booklet contains vital information to help you avoid unintentional injury. You wouldn't put your toddler in a car without using an approved car seat that meets safety standards. The same thinking should be applied to pools, spas and hot tubs. Always make sure the equipment meets safety standards and all participants are following the rules. If you're unsure, call an APSP member professional to do an inspection and to educate you on what you can do to ensure everyone gets the utmost enjoyment when using pools, spas and hot tubs. Always put safety first!

More detailed information on all topics can be found at www.apsp.org (Consumer Section), www.poolsafety.gov and www.cdc.gov/healthySwimming.

We're fascinated by pools, both as places to cool off and as sources of entertainment and awe.

Julia Keller, Chicago Tribune, July 22, 2009





Adult Supervision

There is **NO SUBSTITUTE FOR ADULT SUPERVISION!** In the time it takes you to run inside to answer a phone or take something out of the oven, a child could drown. **NEVER** leave children alone while they're swimming. Not even for a minute!

And ... **NO DISTRACTIONS** when watching children! Reading a book, cooking on a grill or talking to your friends is not adult supervision. Assign an adult in 15-minute intervals to be the "water watcher." You'll save lives and everyone will have an enjoyable experience.

Layers of Protection

You never want to rely on only one means of protecting your family and friends when they are enjoying the benefits of a pool, spa or hot tub. Putting a variety of devices in place is optimum so that if one fails, another is ready as a backup to help avoid unintentional accidents.

Layers of Protection include:

- Barriers
- Alarms (door, fence, pool, child)
- Self-latching doors/gates
- Safety covers
- Outside phone



As if you needed another excuse to hit the pool this summer, new research shows that swimmers live longer than walkers and runners. And not just a little bit longer, either. In a study of more than 40,000 men ages 20 to 90 who were followed for 32 years, swimmers were 50 percent less likely to die during the study period than were walkers or runners.

AARP Magazine, July/August, 2009 from a study at the University of South Carolina

"APSP does not recommend walking or standing on pool covers."

Swimming is one of the best total-body workouts for your body. Swimming, unlike running (for most people), is easy on the joints and can be fun depending on the type of swimming you are doing.

dietsinreview.com

Proper Drain Covers

Never swim in a pool or use a spa or hot tub that has a broken or missing drain cover!

New, anti-entrapment drain covers are available and according to federal law, must be used in all commercial pools. Additionally, it is strongly recommended that residential pools also use approved anti-entrapment covers, along with additional protection such as:

- Properly spaced multiple outlets
- An unblockable outlet
- Safety vacuum release system
- Suction limiting vent line
- Automatic pump shut-off system
- Gravity drainage system

Note that disabling the drain(s) or reversing the flow eliminates entrapment hazards completely and should be discussed with a service professional.

“ There is no back up in the marketplace today for a missing or broken drain cover that will protect against all five suction entrapment hazards. The pool or spa needs to be closed to bathers until a compliant cover is securely in place.”

— Carvin DiGiovanni, Senior Technical Director,
Association of Pool & Spa Professionals



Simply put, some call swimming the perfect form of exercise.

*The LifeScript Editorial Staff
Published August 2, 2006 (www.lifescrpt.com)*



Diving

All above ground pools and many inground residential pools are NOT designed for head-first entry. Never dive head first into any pool until you are sure the pool is designed for diving and meets all standards for diving pools. When you do dive head first, always steer up. Your arms and hands should be extended and arched upward and will help you steer up to the surface. Always know the depth of any body of water before you dive head first. Some simple rules to follow:

- Plan your dive to avoid submerged or surface obstacles and other swimmers
- Feet first in most pools!
- When you do dive down, you must steer up!
- Keep dives simple
- Don't run and dive

For more detailed information, visit www.apsp.org (Consumer Section) and download the brochure, "Plan Your Dive, Steer Up."





Be Prepared

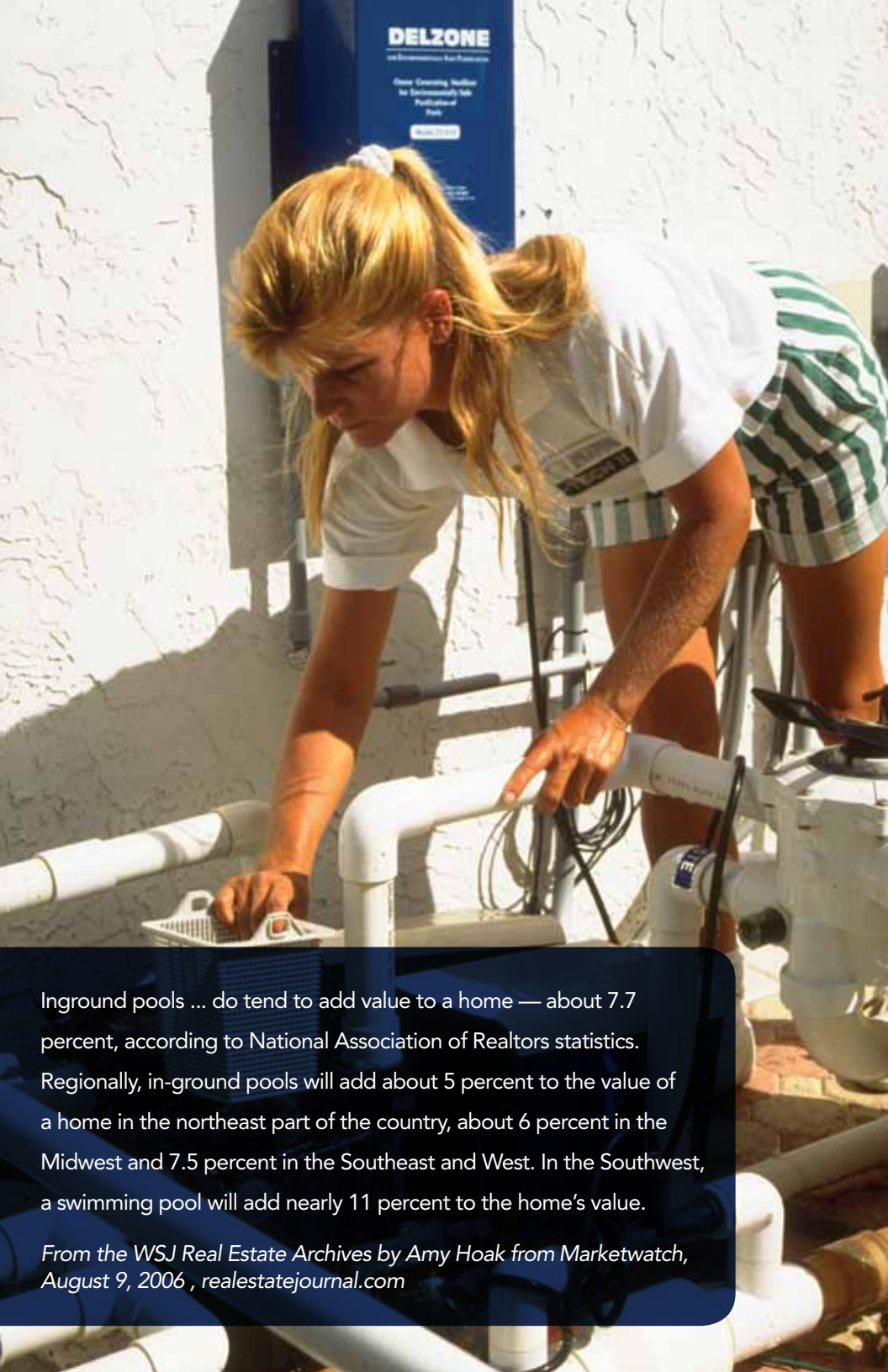
Preventing an emergency is the best preparation. Family members who reside in a home with a swimming pool, spa or hot tub should become familiar with the guidelines for how to perform CPR (cardiopulmonary resuscitation) for both adults and children. Training in CPR is generally available from groups such as the American Red Cross and professional fire department personnel.

It's also a good idea to keep a phone outside in case you need to call 911. You should have rescue equipment such as a ring buoy with an attached line and/or a light, strong, rigid pole not less than 12 feet long to assist in removing a child from the water.

Swimming with friends is a great way to enjoy yourself as well as enhance your physical and mental strength and endurance.

dietsinreview.com





Proper Maintenance of Pools and Spas

Keeping your pool and spa in top operating form is very important to help ensure the safety of those who use it and to protect your investment. Always read, understand and follow the operating and maintenance instructions supplied by the pool manufacturer and the manufacturers of associated products. Pools must be maintained to ensure bacteria and algae are killed and the pH and alkalinity levels are in the proper range.

It's important to learn about chemical storage and handling before you open packages or use the products. Of course, always keep all chemicals out of the reach of children and keep records about the pool operation to ensure control over how the chemicals are being used.

To learn more about the proper use of chemicals, visit www.apsp.org (Consumer Section).

Inground pools ... do tend to add value to a home — about 7.7 percent, according to National Association of Realtors statistics. Regionally, in-ground pools will add about 5 percent to the value of a home in the northeast part of the country, about 6 percent in the Midwest and 7.5 percent in the Southeast and West. In the Southwest, a swimming pool will add nearly 11 percent to the home's value.

From the WSJ Real Estate Archives by Amy Hoak from Marketwatch, August 9, 2006 , realestatejournal.com





Following Rules

Pools, spas and hot tubs offer many hours of pleasure and health benefits if used correctly. As with other products, following rules will ensure a positive and happy experience for all. Posting rules helps to remind everyone.

Here are some simple rules to remember:

1. Never play or swim near drains or suction fittings
2. Never enter the pool or spa if a suction fitting or drain cover is loose, broken or missing
3. Always swim with someone else
4. Remove toys from in and around the pool when it is not in use
5. Learn to swim
6. Feet first! Never dive head first in water not intended for head-first diving.
7. No running on the pool deck
8. Always make sure there is **ADULT SUPERVISION WITH NO DISTRACTIONS.**

A swimming pool can be a centerpiece of the backyard landscape, and a great swimming pool design could turn a pleasant place into a dreamland.

www.garden-home-retailer.com



With a little imagination and careful planning ... the simple backyard patio can become a cloistered retreat resplendent with lush plantings and quiet nooks, a luxurious spa complete with a hot tub, swimming pool, and shady cabana.

Better Homes and Gardens.com



Why Choose a Pool, Spa or Hot Tub?

When you're contemplating how best to utilize the space in your backyard, keep in mind the values that are important to you, including spending time with family and friends, staying healthy and fit and enjoying life. Choosing to add a pool, spa or hot tub to your home environment satisfies all these values, as well as adding value to the price of your home.

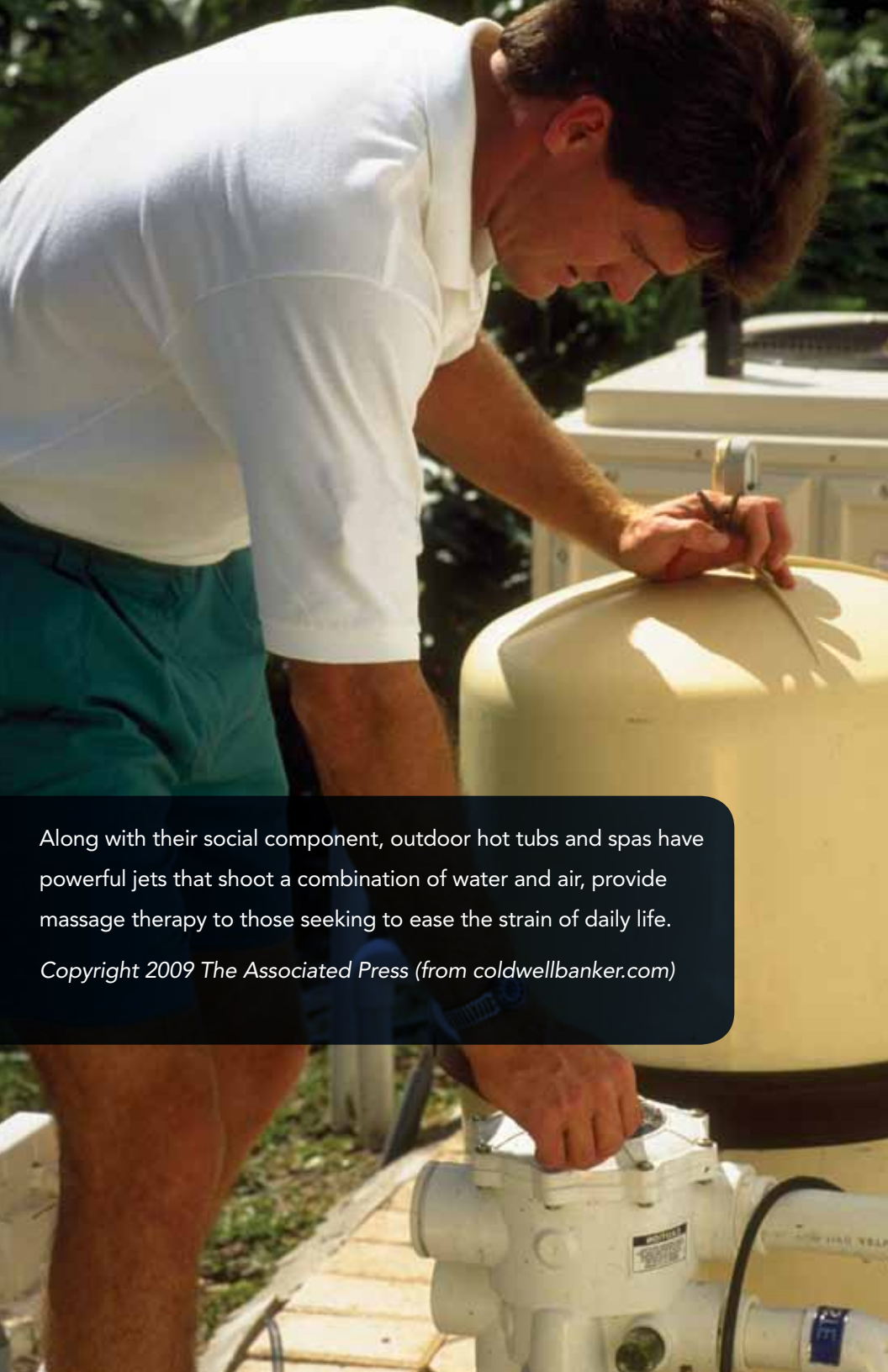
Depending on your style, taste and budget, there are a wide variety of choices for you to explore to be sure the result satisfies your personal needs. Many people are choosing to make their backyard into a vacation place so they don't have to wait for two weeks every year to "get away."

Why not come home to a vacation everyday! It's not complicated to achieve and there are many trained professionals who can explain your options and design a project specifically for you.

"For most homeowners, owning a backyard pool or hot tub is a substantial part of their long-term dream ... a backyard oasis is one of the most desired home improvements you can make and can significantly increase the value of your home."

— Pool & Hot Tub Council of Canada





Along with their social component, outdoor hot tubs and spas have powerful jets that shoot a combination of water and air, provide massage therapy to those seeking to ease the strain of daily life.

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Choosing the Right Professionals

Builders, retailers or service professionals who belong to a trade association have a commitment to support their industry by upholding high standards of professionalism. Members of the Association of Pool & Spa Professionals agree to follow a code of ethics that promotes integrity, safety and quality.

1. **TRUST:** APSP members agree to follow a code of ethics that promotes integrity, safety and quality.
2. **KNOWLEDGE:** APSP members have access to continual education and certification so they are up to date on the latest technology, materials, techniques and safety requirements.
3. **PRIDE:** APSP members take pride in their work, often winning awards for their designs and technology.
4. **PEACE OF MIND:** When you work with APSP professionals, you know you're dealing with companies committed to providing the best service and ensuring your satisfaction and safety.

Please note that APSP member companies are independent contractors and are not employees or agents of the APSP.

