

DROWNING PREVENTION

WATER SAFETY FACTS EVERY GROWN UP NEEDS TO KNOW

FACTS:

1. Drowning can happen to you and your family.
2. Drowning is silent & is **NOT** like it is shown in the movies with splashing & screaming.
3. 20 seconds is all it takes for a child to drown. It happens quickly and 70% of the time it happens when a child is not expected to be around the water.
4. Drowning does not discriminate, but boys make up for almost 75% of drownings.
5. Almost 7,000 children visited an ER last year alone for water related injuries.

Drowning is the leading cause of death in children ages 1-4!

What you can do to be safer:

Layers of Protection are Key.

Safer Water: Pools, including play pools, should have complete four-sided isolation fencing with a self-locking gate. Remove all toys from the water when not in use.

Safer People: It is critical to always have undistracted adult supervision. Assign an adult "Water Watcher" at all times. The Water Watcher should be within arms length of the swimmers.

Safer Response: Keep your family safer by having an emergency action plan for water emergencies. Teach children to "**Reach or throw, don't go! Let someone know!**". Caregivers should know how to swim and know CPR.

Where to find swim lessons:

Learn to Swim.

Formal swim lessons have been shown to reduce the risk of drowning by 88%.

Pediatricians recommend children participate in lessons starting at age 1.

Find a Swim School *
www.everychildaswimmer.org



It's never too late to learn to swim.

Scan the QR code to find accredited swim lessons in your area.

*This is not sponsored or endorsed by PublicSchools.

Your family is at risk for drowning! Together we can help reduce that chance!



Ocean Safety Checklist

Follow These Simple Rules At The Beach!

- Swim Near A Lifeguard.
- Never Swim In The Ocean Alone.
- Never Leave Children Unattended - **NOT EVER!**
- Adults & Children Should Learn To Swim.
- Only Swim In Designated Areas.
- Obey The Signs & Flags - When In Doubt, Don't Go Out!
- Watch The Surf For Rising Tides and Rogue Waves.
- Never Turn Your Back To The Ocean.



"You Can Break The Grip Of A Rip!"

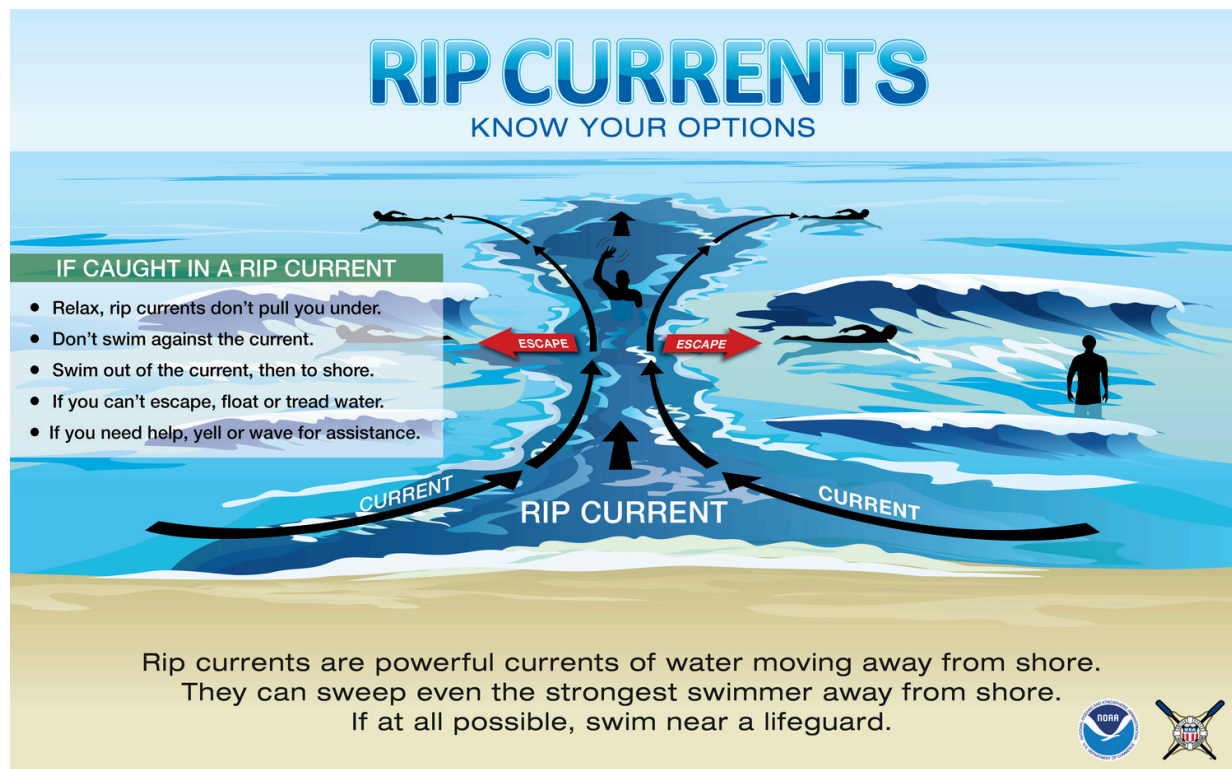
- Ask A Lifeguard If It's Safe To Swim
- Swim Parallel To Shore.
- Raise and wave your hands toward lifeguards or beach while yelling for HELP!



Rip Current Safety Checklist

What Is A Rip Current?

- Rip currents are channelized currents of water flowing away from shore at surf beaches.
- Rip currents typically form at breaks in sandbars, and also near structures such as jetties and piers.
- Rip currents are commonly found on all surf beaches, including Great Lakes beaches.



**If you feel like you're being pulled away from shore,
don't fight it, swim parallel to the shore.**

Open Water Safety Checklist

Follow These Simple Safety Tips Around Lakes, Rivers, Quarries, & Water Falls

- Look Before You Leap! Never Dive Into Unknown Waters.
- Be Aware Of Uneven Surfaces. Know Your Bottom!
- Beware Of Sudden Drop-Offs & Sharp/Slipper Rocks.
- Currents - Fast Or Slow Moving Can Be Deceiving!
Don't Fight The Current!
- Be Aware Of Changing Weather Conditions
- When Possible - Swim In Lifeguarded Areas Only!
- Do Not Panic - When In Need Of Help, Wave Hands and Yell.
- Never Swim Alone!
- Always Wear A US Coast Guard Approved Lifejacket When
Kayaking, Paddle Boarding, Canoeing, Tubing, Waterskiing,
Sailing, ect.
- Adults & Children Should Learn How To Swim!



Boating Safety Checklist

Boaters! Before Leaving The Dock:

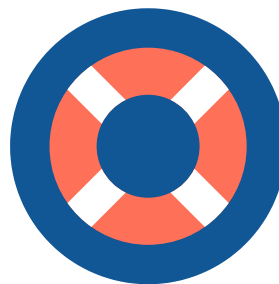
- **Do Not Mix Alcohol And Boating!**
- Check The Weather Forecast Before Leaving.
- Know Your Boat & Know The Rules Of The Waterway.
- Take A Boating Safety Course.
- Check Your Boat For All Of The Required Safety Equipment.
- Don't Overload Your Boat! Consider The Size Of Your Boat, The Number Of Passengers, & The Amount Of Extra Equipment That Will Be Onboard.
- Avoid Entrapment - Passengers Should Never Ride In The Cabin While Boat Is Underway.
- Before Starting Your Engine - Check Your Electrical & Fuel Systems. Follow Manufactuer's Recommendations.
- No Diving Off Of Your Boat! Depth Might Be Obstructed Or Too Shallow.
- Children Must Wear US Coast Guard Approved Lifejacket. All Passengers Should Wear Lifejacket - Don't Just Carry It!
- File A Float Plan With A Member Of Your Family Or A Friend.
- All Passengers & Children Should Learn To Swim!



Pool & Home Safety Checklist

Do You Have... ?

- ☐ **If A Child Is Missing, Check The Water First!**
- ☐ **Adult Water Watcher Or Certified Lifeguard**
- ☐ **Formal Swimming Lessons & Water Safety Skills**
- ☐ **Proper Isolation Fencing With Self-Closing, Self-Latching Gates**
- ☐ **A Pool Alarm, Personal Child's Alarm, & Gate Alarm**
- ☐ **Interior Door/Window Locks & Alarms**
- ☐ **Phone By The Pool**
- ☐ **Life Ring, PFDs, Or Shepherd's Hook**
- ☐ **Infant, Child, & Adult CPR And First Aid Training**
- ☐ **Pool Safety Rules Posted**
- ☐ **Emergency 911 and CPR Signs Posted**
- ☐ **Toilet Seat Locks (Infant & Toddler)**
- ☐ **Empty Standing Water - Bath Tubs, Wading/Inflatable Pools, Sinks, And Buckets.**
- ☐ **Safety Cover For Spas and Whirlpools**
- ☐ **Landscape & Retention Ponds Can Be Dangerous, As Well.**
- ☐ **Clear Pool Of Any Distractions - Toys, Floats, Or Anything They'd Reach For.**
- ☐ **Check Drain Covers For Cracks, Missing Screws, & That They Meet Virginia Graeme Baker (VGB) Standards.**



Think S.P.L.A.S.H.

S

Safety Fencing

Get self-closing, self-latching pool fencing

P

Put Away Toys/ Ladder

L

Lif jackets

At all times on Open Water!

A

Adult Always Watching

Adult Water Watcher in addition to a Lifeguard

S

Swim Lessons

Enrolling in formal swim lessons can reduce risk by 88%

H

How To Help

How to rescue, How to perform CPR