Be Water SMART









2 MINUTES
The drowning process begins in as little as 2 minutes.

Drowning Prevention Coalition of Palm Beach County

4 MINUTES
Brain damage happens within 4 minutes.

An individual, especially a young child, can drown in the time it takes to answer a phone or respond to a text message!

A B C D's of Water Safety

Message to Readers,

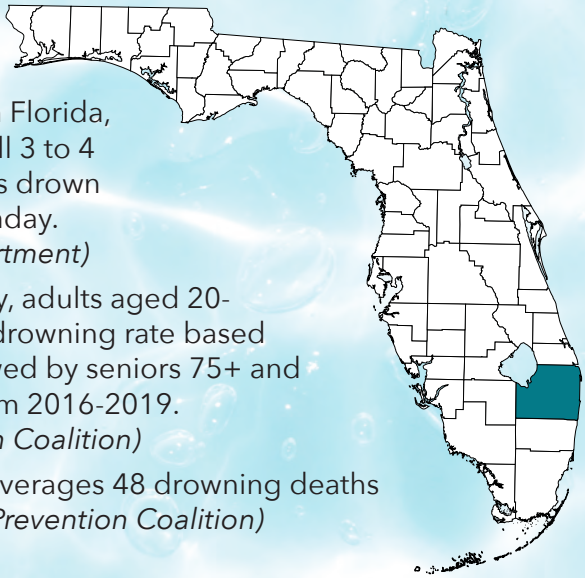
Drowning does not discriminate. Regardless of age, race, gender, socioeconomic background or swimming capability, a drowning incident can occur at any time.

The Florida Department of Health states "drowning is everyone's responsibility." Within seconds, water can be dangerous and deadly. It only takes up to two inches of water for a person to drown. In the case of a water related incident, it's important to know what to do.



Did You Know?

- Every day, about 10 people die from unintentional drowning. *(Centers for Disease Control and Prevention)*
- Florida leads the country in drowning deaths of children ages 1-4. Annually in Florida, enough children to fill 3 to 4 preschool classrooms drown before their fifth birthday. *(Florida Health Department)*



- In Palm Beach County, adults aged 20-25 have the highest drowning rate based on population, followed by seniors 75+ and children ages 1-4 from 2016-2019. *(Drowning Prevention Coalition)*
- Palm Beach County averages 48 drowning deaths per year. *(Drowning Prevention Coalition)*

A B C D's of Water Safety

Adult Water Watcher During Gatherings

- Rotate responsibility with other sober adults every 15 minutes, if possible *(wear identifying object).*
- Watch the body of water without distraction. *(e.g., No cell phone, reading, talking or eating)*
- ***Learn to Spot a Drowning Victim:***

  Silent - There is no spare breath to call for help.

  Bobbing up and down - Mouth sinks below the water's surface, pops up just enough to breathe and sinks back down.

  Stiff-armed - Instead of waving for help, arms are out to the side, hands pressed down on the water to keep afloat. Cannot even reach out to grab a life preserver.

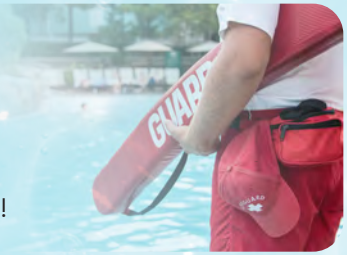
  Still - No kicking, body will be straight up and down, almost like standing in water.

water watcher tag



Always Swim in Front of a Lifeguard

- Palm Beach County has many lifeguarded bodies of water to enjoy. Seek out these areas first!



safe kids

Adaptive Aquatics*

Those with Autism and related disabilities are more susceptible to drowning, hence, the need for swim lessons.

- Ensure instructor has the necessary qualifications to teach adaptive aquatics.
- If a child goes missing, **Call 911** and **search nearby bodies of water**; caregivers need to stress the importance of water dangers to child*(ren).*
- Inform first responders of the special needs individual at residence.

FAU Card PBC

Appropriate aquatic instruction and programing for individuals with disabilities.

A B C D's of Water Safety

B

Bathroom Safety

- Never leave a child alone in the bathroom, especially while bathing.
- Keep toilet lids closed and buckets upside down.
- Always drain bathtub after use.
- Test bath water with inside of wrist to ensure water is warm and not too hot.



Backyard Safety

- Have layers of protection and rescue equipment. *(e.g., sheperd's hook, life ring, fencing w/self-latching, self-locking gate, pool alarm, gate alarm, and door alarm)*
- Be on guard, if there is an emergency, **Call 911**; **Reach** a long object out to the person in trouble, while lying down on the ground; **Throw** an object that floats out to the person; **Don't Go** jumping in after someone if they are drowning, because they can drown you.
- Above ground pools, remove ladders when not in use and any toys laying about.
- Teach children to stay out of dirty water (e.g., lakes, ponds, and canals). These locations contain bacteria, animal waste, debris, and other hazards.

watersmartfl

red cross





A B C D's of Water Safety

B

Beach Safety

- Escape rip currents. Don't fight, swim left or right or float and yell for help.
- Know color of flags **(Red, Yellow, Green, Purple).**
- Always swim at a lifeguarded beach.



noaa



Boating Safety

- Always wear properly fitted, U.S. Coast Guard approved life jackets.
- Designate a sober skipper.
- Share your trip itinerary *(float plan)* with friends/family in case of emergency.
- Always keep an eye out for divers and their flags along with marine life.
- Have an Emergency Position Indicating Radio Beacon *(EPIRB)* on board to notify rescue personnel of your position, in case of an emergency.

myfwc



A B C D's of Water Safety

C

Cardiopulmonary Resuscitation - CPR or Automated Electronic Defibrillator (AED)

IMMEDIATELY PHONE 911 AND BEGIN CPR





Please note: *For a trained lay rescuer who is able and for all healthcare providers, the recommendation per the American Heart Association remains for the rescuer to perform both compressions and ventilation on a drowning victim (rescue breaths).*



A B C D's of Water Safety

Classes in Swimming for Children and Adults - Never Too Late to Learn

- There are different programs available: survival swim lessons, individual swim lessons and learn to swim programs. It is up to the consumer to do the research and figure out what is best for themselves or family.
- Many are available starting at 6 months of age.
- Use a water safety instructor with proper credentials.
- Free/reduced cost swim lessons are offered through Drowning Prevention Coalition of Palm Beach County.

drowning prevention



Classes in Swimming

Find an aquatic facility in your area for water safety swim lessons.

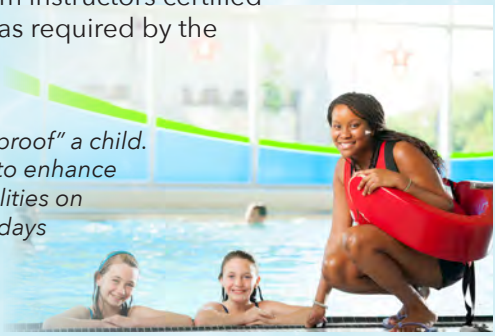
Swimming lessons do not replace barriers, such as pool fencing and alarms.

Swimming lessons are not a substitute for adult supervision and vigilance.

Before signing up for swim lessons, consider the following:

- Avoid programs that claim to offer drown proofing techniques. Everyone is susceptible to drowning even if they know how to swim.
- Only choose programs that offer swim instructors certified by a nationally recognized program as required by the Florida State Statutes.

Note: *Water Safety Lessons do not "Drownproof" a child. Continue with lessons throughout the year to enhance life saving skills. Please call the aquatic facilities on the next 2 pages regarding information on days and times of lessons.*



ABCD's of Water Safety

Classes in Swimming

Facility	Address	Number
Belle Glade		
Belle Glade	1224 SW Ave E Place	561-518-0101
Pioneer Park	866 SR715	561-993-3892
Boca Raton		
The Swim and Racquet Center	21618 St. Andrews Blvd.	561-544-8540 x1
Meadows Park Pool	1300 NW 18th St.	561-393-7851
Peter-Blum YMCA	6631 Palmetto Circle South	561-395-9622
Coconut Cove Waterpark	11200 Park Access Rd.	561-629-8840
Boynton Beach		
John H. Denson Pool	225 NW 12th Ave.	561-742-6646
DeVos-Blum YMCA	9600 Military Trail	561-738-9622
Mandel JCC of the Palm Beaches	8500 Jog Rd.	561-259-3008
Delray Beach		
Aqua Crest Pool	2503 Seacrest Blvd.	561-278-7104
Pompey Park Pool	1102 NW 2nd St.	561-243-7358
Delray Swim and Tennis Club	2350 Jaeger Dr.	561-243-7079
Jupiter		
N. County Aquatic Complex	861 Toney Penna Dr.	561-745-0241
Lake Worth		
Gleneagles Country Club Aquatic Center	2728 Lake Worth Rd.	561-966-7088
Palm Beach County CMAA Therapeutic Recreation Complex *(Special Needs Only)*		



A B C D's of Water Safety

Facility	Address	Number
Lantana		
Santaluces	6750 Lawrence Rd.	561-641-9301
North Palm Beach		
North Palm Beach Country Club	951 US Hwy 1	561-691-3427
Palm Beach Gardens		
PBG Aquatic Complex	4404 Burns Rd.	561-630-1100
Riviera Beach		
Barracuda Bay Aquatic Complex	1621 W. Blue Heron Blvd.	561-845-4070
Royal Palm Beach		
Calypso Bay Waterpark	151 Lamstein Lane	561-790-6160
Wellington		
Wellington Aquatics Complex	12165 Forest Hill Blvd.	561-753-2484
West Palm Beach		
Warren Hawkins Aquatic Center	1501 N. Australian Ave.	561-804-4961
Lake Lytal	3645 Gun Club Rd.	561-233-1426
YMCA of the Palm Beaches	2085 S. Congress Ave.	561-968-9622

Please note: *There are private swim schools throughout Palm Beach County in addition to what is listed above. It is up to the consumer to determine what kind of swim lesson program is best for them. Do research!*



A B C D's of Water Safety

Drain Safety

- Have compliant drain covers per Virginia Graeme Baker Pool and Spa Safety Act. Not sure if your pool drain is in compliance? Is your pool missing a drain cover? Check with a certified pool professional for more information.
- Stay away from all pool and spa drains to prevent suction entrapment.
- Confirm location of emergency cut-off switch to pool pump.

pool safely

Dive Safety

- Never dive head first in bodies of water less than 9 feet when you're unsure of the water's depth, or when you can't visually see the bottom.
- Always dive with a buddy and use a dive flag in the ocean.
- Check weather and water conditions before every excursion.



dan.org

Driving Safety

- If a vehicle enters a body of water: **Stay Calm, Unbuckle Belt, Roll Down Window, Exit Vehicle.**
- Have a rescue escape tool with a seatbelt cutter in close proximity. *(i.e., center console, key chain, velcro to visor)*
- Know whether or not side windows are laminated *(not breakable)* or tempered *(breakable)*.



drowning prevention coalition

A B C D's of Water Safety

WaterSmart Palm Beach County Partners

Live Like Jake
Childhood Drowning Prevention

Drowning Prevention Coalition
Palm Beach County

Florida Department of Children and Families
MYFLFAMILIES.COM

PALM BEACH COUNTY
PARKS & RECREATION

Florida HEALTH
Palm Beach County

the YMCA

Palm Beach County Fire Rescue

United States Swim School Assn
Est'd 1988

Delray Beach Fire Rescue
Integrity Respect Courage Honor
343

Palm Beach County Florida

City of Boynton Beach

SAFE KIDS
PALM BEACH COUNTY

Children's Services Council
Palm Beach County
Healthy. Safe. Strong.

WPB
WEST PALM BEACH

Health Care District
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Fire Rescue
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