

# PREVENT DROWNING

Colin's Hope Foundation provided these tips for safe swimming (at pools, lakes, etc.):

**Ensure Constant Visual Supervision:** (Regardless of whether lifeguards or other parents are watching) Implement a plan before going swimming. Pass a necklace, hat, or other item to a new supervising adult after a set interval of time (Colin's Hope provides wristbands). The adult pledges not to take his or her eyes off the pool during that time, meaning that use of a phone should be for emergencies only. This person should be present in addition to the lifeguard and be aware that drowning happens silently and quickly.

**Drowning is Silent:** Drowning does not look like it does on TV. There is often no splash, no flailing, no calling out. No sign that anything is wrong. Visit the HOA website for videos and educate yourself.

**Learn To Swim:** This goes for both kids and adults. When kids ages 1 to 4 get formal swimming lessons, the risk of drowning decreases 88%.

**Wear Life Jackets:** This applies to weak swimmers and non-swimmers near any body of water.

**Put Barrier Fence Between Children And The Water:** Correctly secure pools, hot tubs, and spas.

**Safety Begins At Home:** Domestic hazards include bathtubs, kiddie pools, toilets, sinks, buckets, washing machines, ice chests, open fish tanks, and water-based plants, in addition to pools and hot tubs.

**Always Suspect the Water:** If a child goes missing for any reason, check the water before looking anywhere else.

**Be Safer In Open Water:** Oceans, lakes, rivers, ponds, and other bodies of water bring additional risks, including opaque water and currents. Always swim with a buddy and under the supervision of a lifeguard if possible, and always wear a lifejacket.

**Know Drowning CPR:** When administering CPR to a drowning victim, both compressions and breaths are necessary.

For more information, videos, and articles on drowning, visit the HOA's website and go to the pool section.