



# The ABCs of Drowning Prevention and Summer Safety



# Drowning: A Quick and Silent Killer

In the time it takes to ...

- ...cross the room for a towel (10 seconds), a child in the bathtub can sink underwater.
- ...answer the phone (2 minutes), that child can lose consciousness.
- ...sign for a package at your front door (4 to 6 minutes), a child underwater in the bathtub or pool can have permanent brain damage.

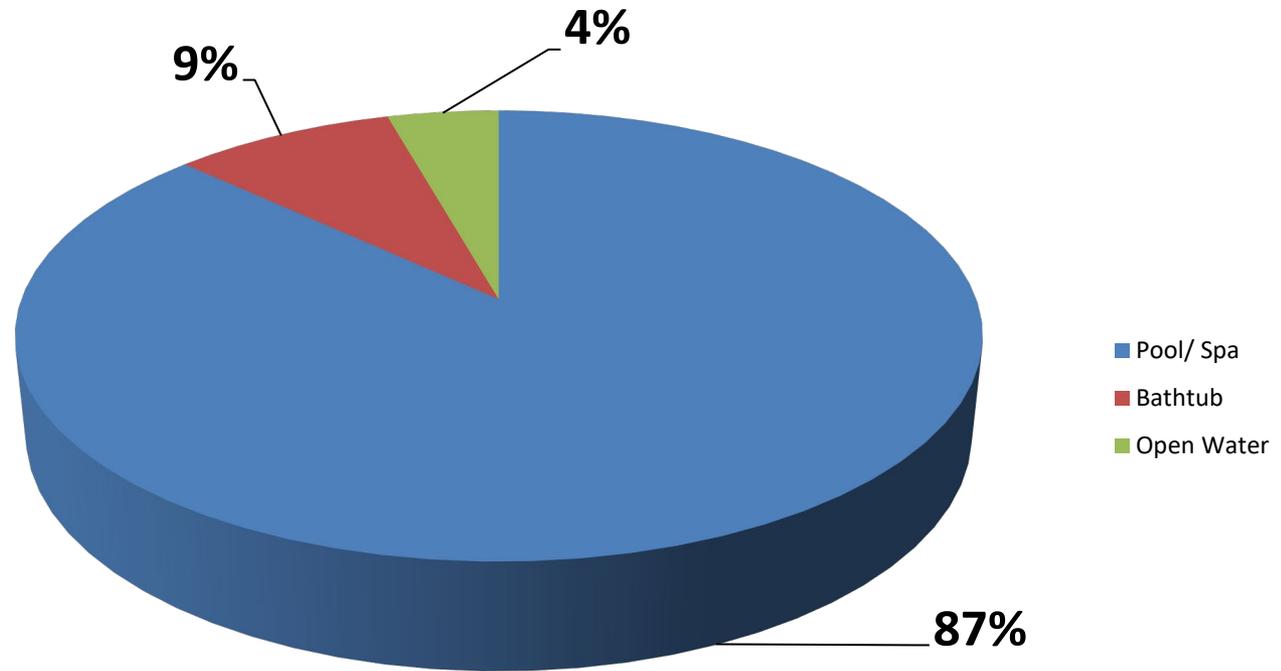
[www.safekids.org](http://www.safekids.org)

# San Joaquin County Drowning Data

- Leading cause of injury death for children ages 1 through 4
- 54 drowning deaths in children 18 years of age and younger between 2000-2019
- Half of these deaths were in children 0-6
- **100% preventable**

EPICenter: [www.epicenter.cdph.ca.gov](http://www.epicenter.cdph.ca.gov)

# San Joaquin County Drowning Data Ages 0-6



CDRT 2005-2020

# Why do children drown?

Three things contribute to a child's risk of drowning:

1. Easy access to water
2. How children in this age group develop
3. Not enough adult supervision

Children's Hospital of Orange County

# Risk #1 - Easy Access to Water

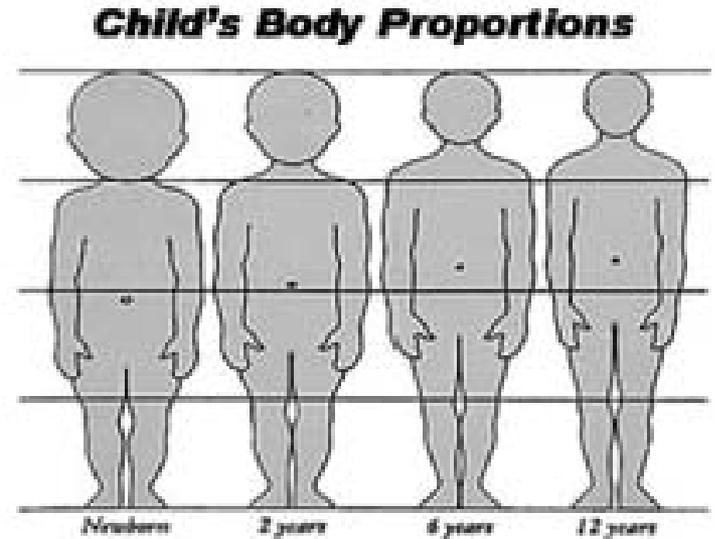
- Children under the age of 6 most often drown in a pool or spa.
- No / not effective barrier between a child and a body of water.
- Bodies of water include:
  - Pool/ Spa
  - Bathtub
  - Toilet
  - Bucket
  - River/Lake



Children's Hospital of Orange County

# Risk #2 – Age

- Developmentally –
  - No fear
  - Greater curiosity
  - Master new skills quickly
- Physiologically –
  - Head weighs more than the rest of the body
  - Bones, tendons & muscles not fully developed
  - Can drown in as little as 2 inches of water





# Risk #3- Not Enough Adult Supervision

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Children have more time and opportunity to drown when:

- Parents don't communicate about watching child
- Older children supervising other children
- Parents are drunk or high during social gatherings
- Parents are sleeping or distracted

**CHILD DROWNING  
TRUE OR FALSE?**

# Child Drowning

## True or False – Part 1

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*“Drowning takes a long time.”*

# Child Drowning

## True or False – Part 1

*“Drowning takes a long time.”*

- **False:** Children lose consciousness in 30 seconds or less. If a child is missing, always check the pool or other water sources first. Every second counts!

# Child Drowning

## True or False – Part 1

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*“As long as there are other adults around, children are safe.”*

# Child Drowning

## True or False – Part 1



*“As long as there are other adults around, children are safe.”*

- **False:** Children can drown even though they are surrounded by adults.

# Child Drowning

## True or False – Part 1



*“I know my child can’t get to the pool by himself yet.”*

# Child Drowning

## True or False – Part 1

*“I know my child can’t get to the pool by himself yet.”*

- **False:** Children don’t tell you when they can do something new. Just because your child could not open a sliding glass door yesterday, does not mean he or she can’t today.



# ABC's of Drowning Prevention Video



# ABC's of Drowning Prevention

- **A** is for Adult Supervision
- **B** is for Barriers
- **C** is for CPR & Classes





# A is for Adult Supervision

- Supervision during non-water activities
- 69% of children who drowned in swimming pools were not expected to be in or around water so **know where your children are at all times.**

# A is for Adult Supervision

- Supervision during water activities
- Children should be watched by a responsible adult **100% of the time** they are in or near the water.
- Keep children under age 5 within arm's reach in the water
- Water wings, floaties and life jackets should **never** take the place of adult supervision.
- Assign a “**water watcher**”, a person who knows how to swim whenever around water.

# Life Jacket Fitting

- Use only US Coast Guard approved life jackets
- Floaties and water wings are toys, not life-saving devices
- Make sure your child is in the correct weight range
- When fastened, if you can pull at the top of the shoulders and the life jacket goes above the ears, it is too big.
- Life jackets are not a substitute for Adult Supervision





# B is for Barriers



- The only proven effective barrier is a 5 feet tall non-climbable fence with self-closing, self-latching gates that completely encloses the pool.
- Secondary barriers include alarms and pool & spa covers
- Install, inspect and always use barriers

# B is for Barriers

- **Remove toys** from in or around the pool area. Toys can attract young children to the pool.
- Keep chairs, tables and other climbable things away from fence.



# B is for Barriers

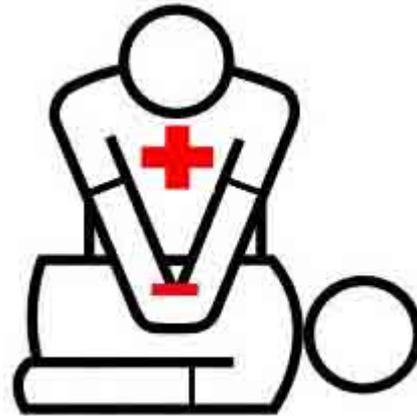


# B is for Barriers



# C is for CPR & Classes

- Learn CPR (Cardiopulmonary Resuscitation) and rescue breathing.
- CPR classes are offered at the local Red Cross. You can also ask a family resource center about other places you can take CPR classes.



# C is for CPR & Classes

- Enroll all children and adults in your family in swim lessons and water safety training, but remember these classes **never** take the place of supervision or barriers!
- To find swimming classes ask at a local community pool, parks and recreation district or family resource center.



**CHILD DROWNING  
TRUE OR FALSE?**

# Child Drowning

## True or False – Part 2

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*“My child is safe because he’s inside the house with me.”*

# Child Drowning

## True or False – Part 2

*“My child is safe because he’s inside the house with me.”*

- **False:** Don’t assume your child is safe because you last saw him napping or playing. Toddlers move fast. Unless the child is within your direct sight, there is the possibility he is in the water.

# Child Drowning

## True or False – Part 2



*“It can’t happen to me. I’m a good parent.”*

# Child Drowning

## True or False – Part 2

*“It can’t happen to me. I’m a good parent.”*

- **False:** All parents whose children have drowned felt this way. No one believes a drowning could happen to their child or the children under their care. Without layers of protection, no child is safe from the tragedy of drowning.

# Child Drowning

## True or False – Part 2

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*“My child is safe because he’s had swimming lessons.”*

# Child Drowning

## True or False – Part 2

*“My child is safe because he’s had swimming lessons.”*

- **False:** When a child enters a pool alone, he may not behave the same way he does in a swimming lesson because no one is there to cue him to swim or behave in a certain manner.



# Prevent Heatstroke: ACT



- **A:** Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute.
- **C:** Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination.
- **T:** Take action. If you see a child alone in a car, call 911.

# Bike Safety



- Always have your child wear a helmet  
(Set a good example, Mom & Dad!)
- Make sure your child's helmet fits  
(Eyes, Ears, Mouth)
- Until age 10, ride on sidewalks, bike paths, and in parks

# Thank You!

Thank you for helping keep San Joaquin County children safe.

Thank you for making the best **summer safety choices** for your child.



Family Resource & Referral Center  
*We Care About Children and Families*