

**CITY OF COSTA MESA**  
PARKS AND COMMUNITY  
SERVICES DEPARTMENT



# *Water Safety*

**DROWNING IS PREVENTABLE.**

*Always swim with supervision!*



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For water safety tips please visit the City's water safety page at:  
<https://www.costamesaca.gov/city-hall/city-departments/parks-and-community-services/aquatics-program/water-safety>

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# Drowning Prevention and Water Safety Awareness for Parents and Caregivers

*Presented by the City of Costa Mesa, Downtown Aquatic Center*

The staff at the Costa Mesa Downtown Aquatic Center care deeply about all of our patrons' safety in and around the water. Our goal with this presentation is not to shame or guilt anyone, but to inspire you and your family to take preventative water safety precautions. You are already ahead of the curve by having your child enrolled in swim lessons; but as you will learn, there are even more ways to be water safe. We thank you for joining us and we hope you find this presentation and the following facts informative.



## This presentation will inform you of the following topics:

1. National and local drowning statistics
2. Swimming pool safety equipment
3. United States Coast Guard approved life jackets
4. Signs of a distressed swimmer
5. What to do when things go wrong

## In the following packet, you will find the following information:

1. 2020 Drowning Statistics
2. Drowning Myths
3. Lifejackets: fitting & types
4. Water Safety Songs
5. Water Safety Tips
6. Water Watcher Tag

### DROWNING CHAIN OF SURVIVAL A call to action



David Szpilman, Jonathon Webber, Linda Quan, Joost Bierens, Luiz Morizot-Leite, Stephen John Langendorfer, Steve Beerman, Bo Lafgren  
Creating a drowning chain of survival. Resuscitation (2014), <http://dx.doi.org/10.1016/j.resuscitation.2014.05.034>



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# Drowning in Orange County

Age Groups	*Non-Fatal	*Fatal	Total Drownings
0-4 YR	24	3	27
5-14 YR	7	0	7
15-19 YR	6	1	7
20-34 YR	11	4	15
35-64 YR	9	12	21
65+ YR	4	13	17
Unknown Age	1	1	1
<b>Total</b>	<b>61</b>	<b>34</b>	<b>95</b>

\*Non-Fatal: victim does not die, but can have life lasting injuries from drowning incident.

\*Fatal: Victim succumbs to injuries from drowning incident & passes away.

Water Source Breakdown	2020	Precipitating Event	2020
Backyard Pool/Spa	28	Boating accident	0
Community Pool/Spa	19	Caught in drain	1
Ocean/Bay	37	Did not know how to swim	3
Lake/Lagoon/Pond	1	Diving accident	1
River/Channel/Canal	1	Excessive breath holding	1
Bucket/Fountain/Puddle	0	Head or spine trauma	0
Bathtub	9	Intoxication	13
Other	0	Lack of or inadequate barriers	8
Unknown	0	Lapse in supervision while in water	14
<b>Total</b>	<b>95</b>	Lapse in supervision out of but near open water	2
		Medical issue	9
		Suicide/Suicide Attempt	3
		Surf conditions exceeded ability	14
		Surfing accident	2
		Swept out to sea from shore	2
		Swimming alone	1
		Unknown	21
		<b>Total</b>	<b>95</b>

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# Drowning Myths and Truths

## **MYTH—Drowning is always obvious and loud.**

*TRUTH—While drowning can be loud, oftentimes a drowning victim slips silently below the water because they are spending their energy trying to stay afloat.*

## **MYTH—“I don’t need to watch my child swim. They took swim lessons.”**

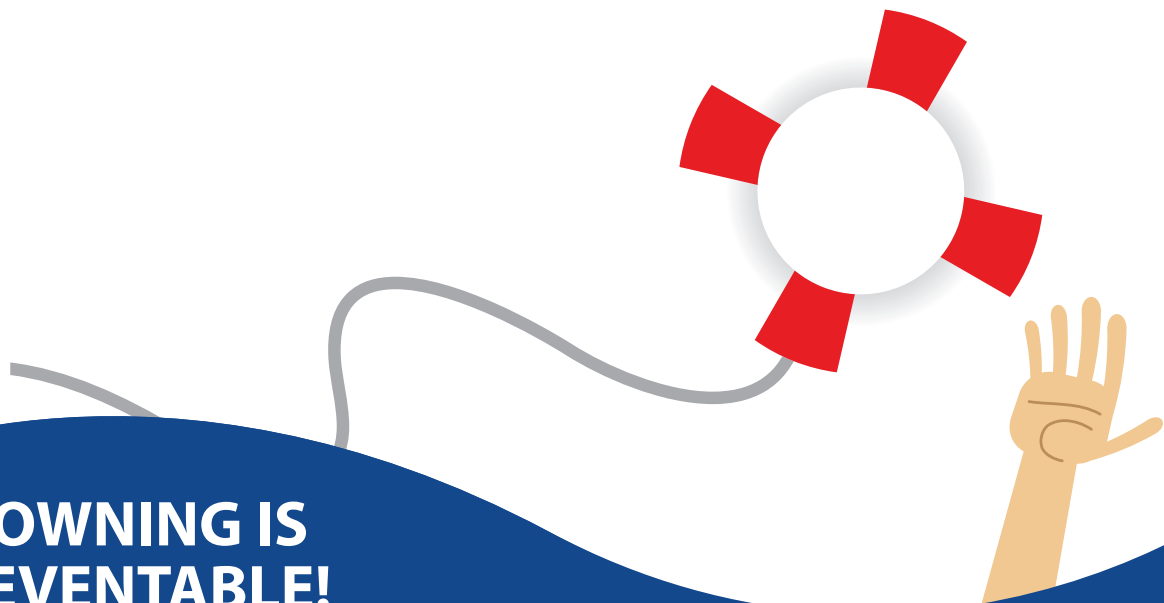
*TRUTH—Even the most experienced swimmers can drown. Water conditions can change and young swimmers can become exhausted quickly, especially in the heat. The best drowning prevention tool is constant, undistracted supervision of swimmers. You are primarily responsible for your safety and that of your children.*

## **MYTH—Dry-drowning, near-drowning, and delayed drowning are all real conditions.**

*TRUTH—The definition of drowning is, “the process of experiencing respiratory impairment from submersion/immersion in liquid.” There are only 3 types of drownings: nonfatal without injury or illness, nonfatal with injury or illness, and fatal. Anyone who has experienced a drowning incident should seek medical care.*

## **MYTH—All flotation devices are made the same.**

*TRUTH—The only type of flotation devices, or life jackets, that should be used are Coast Guard Approved Personal Flotation Devices (PFDs). U.S.C.G. PFDs are tested to ensure they will assist the wearer stay above the water. Life jackets need to be properly fitted to work correctly.*



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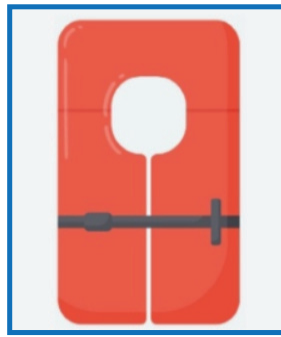
*Always swim with supervision!*

# Life Jacket Types and Fitting Guide



## Type I

Best for all types of waters.  
Benefits: Will turn an unconscious swimmer face up.



## Type II

Best for calm waters, near the shoreline.  
Benefits: Will turn some unconscious swimmers face up.

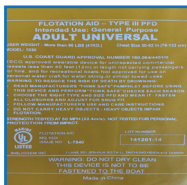


## Type III

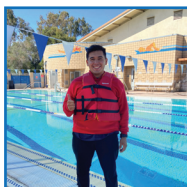
Best for calm waters where chance of quick rescue is good.  
Benefits: Easier to swim in than Type I.

## General Life Jacket Reminders

- ▶ Life jackets should be U.S. Coast Guard Approved
- ▶ Users should check the life jacket to make sure it is the appropriate size. The size is indicated on the label by either a weight and/or chest size range.
- ▶ Life jackets should be in good repair with no tears, holes, or broken buckles/straps.



Make sure the life jacket is **USCG approved** and the appropriate size by looking at the inside label. Look at the life jacket to make sure it has no holes or tears.



Put on the life jacket. Zip up all zippers and buckle all straps and tighten. If it is difficult to close the buckles then the jacket is too small.



Have the user raise their arms and gently pull the life jacket up by the shoulders. The life jacket should not go above the user's ears.

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# Water Safety Songs

Help kids remember to stay safe in aquatic environments by learning the Stewie the Duck Song and water safety rhyme from a dragon!

## The Dragon's Water Safety Rhyme

"Stop! It's exciting to go for a swim,  
But think of these rules before you get in.  
Look! Is a grown up close by and in sight?  
Is the water calm and the weather all right?  
Read all warning signs. What do they say?  
Is there anything sharp that might be in your way?  
Before you dive in, is it deep down below?  
Listen to lifeguards and always GO SLOW!  
If you've got the okay, it's time to get in,  
Take your buddy along and be safe whe you swim!"

## Stewie the Duck Song

\*This song is sung to the tune of Twinkle Twinkle Little Star

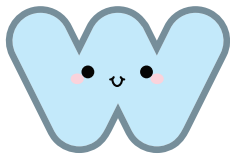
Don't jump in 'til you learn to swim.  
Cover your chest with a safe life vest.  
A grown up must watch you in the pool.  
You'll be safe if you learn these rules.  
Don't jump in 'til you learn to swim.  
Stewie the Duck wants you like him."



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# Water Safety Tips



WATER WATCHER

## Active Supervision

Always actively supervise children when they're both in and around water without any distractions. It only takes a second for your child to slip under the water. Designate a "Water Watcher" who is dedicated to watching the children distraction free.



## Life Jackets

Children & adults should always wear a properly fitted life jacket on a boat, kayak, or raft. Life jackets are also a great option for kids around any body of water.



## Learn to Swim

Everyone should learn how to swim. Understanding the fundamentals of how to stay afloat in the water as well as education on water safety can save a life!



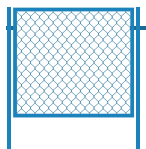
## Get Certified

Get certified in CPR. Studies show that a drowning victim who received CPR by a lifeguard or bystander were 3 times more likely to survive.



## Drain Safety

Keep children away from pool and spa drains. It's a good idea to know where the pump is and how to turn it off.



## Fencing

Barriers are important around backyard pools! Barriers should be a minimum of 4 feet high & have a self-closing latch.



## Learn the Signs

Learn the signs of a distressed swimmer. If you see a distressed swimmer, get help from someone who knows how to swim and call 9-1-1.

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# Water Watcher



While wearing this tag, I agree to supervise the children in the open water or pool, keeping them in sight at all times.

I will not leave the water area without finding an adult to replace me.



## Safe Kids

USA<sup>®</sup>

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