

NATIONAL DROWNING PREVENTION DAY ACTIVITY GUIDE

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P R E F A C E

This booklet is a valuable tool for the planning and organization of your Drowning Prevention Day. The goal of Drowning Prevention Day is to create an awareness of drowning risks, while at the same time educating the public on the roles and function of the Lifesaving Society.

This year's theme is **Be Water Smart,!** and on National Drowning Prevention Day events are being held across the country. However, as the many regions of Canada differ from one another, so do their water safety concerns. Within this booklet, you will find a variety of themes and ideas that you can use to structure your day around the issue of major importance to your own specific community.

It's important to only plan for what your facility can handle comfortably. This is a great day to spread the message about drowning prevention and to have fun!

If you have any questions or comments please contact the Nova Scotia Lifesaving Society at (902) 425-5450

The Lifesaving Society would like to thank the following organizations for their support:



T A B L E O F C O N T E N T S

Overview	4
Water-Related Fatalities Fact Sheet	5
Section #1 - Ideas and Activities	7
Displays / Demonstrations	8
Knowledge / Contests	8
Safe Boating Activities	9
Miscellaneous Children's Action Games	12
Waterfront Safety Activities	12
Cold Water Safety Activities	16
Emphasize The Ladder Approach	17
Dive Right – Feet First, First Time	19
First Aid Activities	20
Section #2 – Contacts and Resources	21
Schedules + Media	22
Quick Facts	23
Be Water Smart	24
Check List	25
PFD / Lifejacket Quiz	26
Safe Boating Quiz	28
Lifejacket / PFD Checklist Worksheet	29
Coloring Contests	30
New Rescue Breathing Standards	38

Overview

A majority of water-related injuries that occur each year are drowning or near-drowning, followed by spinal cord and brain injuries. Water-related injuries usually involve:

- ? Swimming and/or playing near water
- ? Boating
- ? Water Sports
- ? Natural Disasters

A person usually drowns when water or another liquid enters the lungs, depriving the body of oxygen. Survivors of near drowning may suffer permanent brain damage and lifelong disability.

Children drown in swimming pools, bathtubs, hot tubs, lakes, drainage ditches, buckets, puddles and toilets. Only a small amount of water is required for a child to drown. For every child who drowns, four are hospitalized and many more are treated in emergency rooms. Many injuries occur because people were alone when swimming or playing near the water. Drowning can occur within seconds -- the time it takes a parent to check on another child, answer the door or the telephone.

Drowning prevention and education is the key to reducing water-related injuries.
There are a few simple rules of thumb people should know.

- v Learn to swim.
- v Learn about water safety.
- v Never swim, play near the water, go boating or diving without adult supervision.
- v Always swim with a buddy.
- v Check the water before going in (Look for danger signs, wade in, use common sense etc.).
- v Never swim in unfamiliar waters.
- v Make sure the water is deep enough to dive. Enter the water feet first, first time!
- v Follow the posted safety rules.
- v If you are in an emergency situation -- DON'T PANIC.

National Drowning Trends Report

1. Drowning is the Third leading cause of unintentional Deaths in Canada for people under the age of 60. Over 400 Canadians die every year in Water related accidents, many of which are preventable.
2. 85% of Canadian Drowning victims are male, making men 5 times more likely to Drown than Women.
3. Most Drownings occur on Lakes/Rivers (65%) – 99% of all Drownings occur where there is no Lifeguard on Duty.
4. Majority of Drownings (65%) occur while the victims are engaged in Recreational activities.
5. Swimming, Power boating Fishing and Canoeing, account for (65%) of Recreational Drownings.
6. Most victims, who drown, are alone (70%).
7. Alcohol is involved in 45% of all water related deaths.
8. 85% of all Boating victims were not wearing a PFD.
9. Children under 5 years of age were not supervised 65% of the time they were playing around water, fell in and Drowned.
10. Cold Water Immersion and Hypothermia is cited as the cause of death, in 10% of all Drownings.

In most cases, the Drowning was preventable.

* n denotes number of people

Section #1

NATIONAL DROWNING PREVENTION DAY IDEAS AND ACTIVITIES

“There are tons of tons of things you or your aquatic facility can do to help bring home the message of injury and drowning prevention. National Drowning Day is an excellent time to showcase you ideas and skills. This section is devoted to some of our best ideas and time-tested activities”.

John Strickey –
Executive Director Lifesaving Society Nova Scotia Branch

DISPLAYS / DEMONSTRATIONS

Displays

Why not set up a display? The Lifesaving Society has two display boards that you can use. They are loaned on a first come, first serve basis. If you'd like to set up your own display, there are lots of materials we can provide you with! Contact the Lifesaving Society for more information.

Equipment: Display board (optional)

Helpful Hint: If it's a windy day use rocks to keep the pamphlets in place. Set up the display in a highly visible area, maybe next to the main boardwalk or change areas.

Demonstrations

Stage rescues. Make sure the patrons know what is going on. That these are rescue demonstrations and NOT ACTUAL EMERGENCIES. While making announcements throughout the day you can advertise when and where the demonstration will occur. Jr. Lifeguards are a great resource they can help out by either being casualties or participating in the demonstrations. There is no better publicity event than a demonstration to make the public acutely aware of a lifeguard's responsibility and role.

Equipment: Depends on the demonstration

KNOWLEDGE / CONTESTS

Poster Contest

This activity can be done in advance or on the day of Drowning Prevention Day. There are many ways to structure this contest. The general rules for both are:

- There are three age groups: 5 & under, 6-9 years old and 10-12 years old.
- The contest must be related to water safe activities, preferably boating.
- Judges must be fair. Drawings should be judged on originality, use of color, focus on a water safety theme and neatness.

On Drowning Prevention Day have a table set up with the coloring sheets or blank pieces of paper and coloring equipment, with a sheet of directions taped to the table for parent's reference. A lifeguard can advertise the contest to the general public and supervise the table. Make sure you have a time limit, because we all know, kids can color for hours...

Equipment: Crayons, markers and/or coloured pencils
Pre-printed pictures or blank pieces of paper
Masking tape to display the children's pieces of art
Prizes

Helpful Hint: Make sure the children write their names and phone number on their entry so they can be contacted if they win a prize. There are samples of coloring contests in this package. If you would like more please contact the Lifesaving Society.

Knowledge Test

The Lifesaving Society has included quizzes in Section #2 that feature PFD and Boating Safety questions. The participants can fill out the quiz, which can be corrected by a volunteer or lifeguard. If this won't work for you, the answers can be posted nearby so the kids can correct it themselves. Once finished, they can hand in the quiz to a lifeguard in order to receive their prize.

Equipment: Quizzes, pens, pencils, crayons

Helpful Hint: Have this booklet on hand if someone asks a tricky question, don't guess at the answer (so many regulations have changed over the past few years it may be easy to give out misinformation).

How many?

Get creative. Put a lifeguarding spin on any contest. For example, have patrons guess the number of whistles or seashells in a jar.

SAFE BOATING ACTIVITIES

IMPORTANT FACTS TO NOTE:

- As of April 1, 1999, lifesaving cushions are **no longer accepted** as approved PFDs.
- Look for the Canadian Coast Guard, Department of Fisheries and Oceans or the Department of Transport approval.
- In order for an inflatable PFD to meet the requirement, it must be worn while in an open boat or worn while on deck or in the cockpit or be readily available to persons below deck of vessels with cabins.
- Inflatable PFD's are NOT approved for persons less than 16 years of age or weighing less than 36.3 kg.
- Inflatable PFD's are NOT approved for use on personal watercraft (PWC) and inflatable PFDs fitted with an automatic inflator are not permitted for sailboarding. The automatic inflator causes the PFD to inflate the instant it is immersed in water.
- Lifejackets come in only orange, yellow and red, as they are more visible in an emergency situation. Lifejackets offer greater buoyancy and the ability to turn an unconscious person face-up in the water.
- As of April 1, 1999, a "manual propelling device" means one of the following:
 - A set of oars
 - A paddle
 - Any other apparatus that can be used by a person to propel a vessel, including pumping the rudder on small open sailboats.

General Information:

- Boats must stay at least 200 feet outside a swimming area.
- Personal floatation devices (PFD's) can be any color, as long as they are approved by the Department of transportation and the Canadian Coast Guard.
- 85% of all boating deaths could have been prevented if the victims had been wearing a life jacket or personal floatation device.
- On board a boat there must be one approved PFD or life jacket for each person.
- More than 40% of all boating fatalities involve alcohol.

Drinking and boating is the same as drinking and driving

For Children:

- (1) Have different types of PFDs and life jackets in piles. These piles can be different stations. In groups of two or four, have the children go and find a life-jacket or PFD they would like to wear. Have them put it on. Then go through the differences of PFDs and life jackets and the benefits of wearing them. Give each group a list of things the floatation devices must have in order to be safe to wear. Have them test out the PFDs and life jackets they picked and see if they would meet the test. Then take them in the water and play a few games in order for the children to get use to the feel and fit of the PFDs and life jackets.
- (2) Have the children tell you stories of their boating experiences. Then make a list of all the things you need to take boating. If you have material available, you could put all kinds of different objects in a pile and have the children pick out the objects they think they need to take on a boat. After they have done that review the importance of telling someone where they are going and when they will be back. Make sure they know a responsible adult should accompany them on their trip.

For Adults:

- (1) **Discussion:** Review the new boating regulations and laws.
- (2) **Discussion:** News Article relating to recent local boating incident.
- (3) Have adults pick out the properly fitting PFD for their child

For Both:

1) Have everyone find a PFD or life jacket and put it on. Make sure the PFD or lifejacket fits properly. A rubber dinghy or canoe can be used as a prop depending on environment.

The skills that can be reviewed are:

- Safe entries and exits
- Stabilizing a craft
- Changing positions

- Capsizing
- Getting back in
- HELP and HUDDLE
- Staying with the craft
- If possible have a boat rescue instructor come in and lead the activities.

2) Have a station set up where people view PFD or Lifejackets and can bring their own lifejackets and personal floatation devices (PFD's) to be inspected. Have parents try to pick out a PFD that fits their child correctly. According to the Canadian Coast Guard

regulations everyone aboard a boat must have a PFD or lifejacket with them and it must be approved either by the Canadian Coast Guard or the Department of Transportation (DOT). *What to look for:*

- If there are any broken zippers, buckles, rips, tears or if the floatation device is faded then it is no longer approved.
- Floatation devices approved by the United States Coast Guard are not approved in Canada unless indicated.
- Lifejackets should fit loosely, and PFD's should fit snugly.
- Inflatable objects such as waterwings and belts are not approved for use on personal watercraft (Seadoo), or for use in white water situations.
- Do the "pull-test" to see if the PFD fits. Get the person to put their hands in the air and have another person pull on the PFD at the shoulders. If the PFD comes up to their mouth or higher, then it is too big.
- The grab straps on children's PFDs are not supposed to be uncomfortably tight. They are there so the PFD will not slide up too far.
- See the information sheet in the information section about PFDs for more information.

Equipment: Signs
Information sheet (this booklet)
PFD's and Checklists

Helpful Hint: Don't leave this station unsupervised or a PFD may decide to get up and walk away.

MISCELLANEOUS CHILDREN'S ACTION GAMES

RELAY RACES

- 1) Split the participants into groups. Try to split the teams as evenly as possible. You can include as many teams as you have equipment for! Here's just one example: a participant must run to a designated spot, put on a PFD, a pair of goggles, a pair of water wings and a whistle. S/he will then do five jumping jacks, five sit ups, spin around in a circle and yell out their favorite color. S/he then takes off all the gear, runs

back to the line and the next person goes. When each person finishes s/he sits down. The first team sitting down wins.

- 2) Make sand castles and use them as pylons. Have the children race (*or walk quickly*) around the pylons. They race to the end of the track anyway they want, but on the way back, can only use one leg and one arm. This way they can see how difficult it is to move when you experience physical challenges. This helps illustrate the importance of knowing your limits when you are swimming. When you get tired in the water you can't just stop and rest.

Waterfront Safety Activities

GENERAL INFORMATION:

- ❖ Always swim with a buddy.
- ❖ Swim in supervised areas.
- ❖ Wear sun screen
- ❖ Obey the lifeguard(s)
- ❖ Do not swim in thunderstorms or bad weather. (rain, rough waves etc)
- ❖ Do not swim at night
- ❖ If you are at a cottage or unsupervised beach make sure reaching and throwing assists are readily available. (ie. a flutterboard or ring buoy)
- ❖ Rest after eating before swimming
- ❖ Dive only when you know the area is clear of rocks and other sharp objects and is at least 8.5 feet deep.
- ❖ Know your limits. (ie. don't swim so far out that you are too tired to return to shore)
- ❖ Swim in unpolluted water.

For Children:

- 1) **Buddy Lesson:** Pair the children up at the beginning of the session. Whenever, you yell "Buddy", they are to reunite with their buddy, and hold hands above their head.
- 2) **Into the water:** Have the participants line up at water's edge. Whenever you say a safe swim location (ie. a pool) they can go into the water and then run back out. If you say somewhere where it is dangerous to go swimming (ie. rapids) then they shouldn't go into the water (sort of like "Simon Says"). You can also go over safe entries and exits at a waterfront. You could have the children roll around in the sand and then find a safe way to enter the water and rinse the sand off. (*Make sure you*

stress that throwing sand in people's eyes is not acceptable and it can permanently damage their eyes.)

- 3) **Buddy Chain:** Have everyone link arms and walk around the waterfront. In turn, they have to point out a danger. (If you have make paper "Xs" then they can put those near the dangerous objects.)

SAFE:

- ❖ Lifeguards on duty
- ❖ Clean water
- ❖ Daytime or well-lit area
- ❖ Has a buddy (and a parent or guardian)
- ❖ Swimming area is well-marked
- ❖ Safety equipment is available and in good repair
- ❖ Nice weather
- ❖ Warm weather
- ❖ Know the water depth

Unsafe:

- ❖ Rapids
- ❖ Swimming alone
- ❖ Unsupervised area
- ❖ Unknown areas
- ❖ At Night
- ❖ while intoxicated
- ❖ In a electric storm

For Adults:

- (1) **Role-play:** This depends on how enthusiastic the participants are.

In groups of two or four, have the participants act out a situation. Have them respond to the situation as they ally would. participants act out what they would really do. Discuss the consequences of their actions after each skit has been preformed.

- Two children want to go swimming alone at the beach. Their parents object.
- Bob and his family are enjoying the day at an unsupervised beach. He and his sister venture out into deep water. They missed the "dangerous current" sign posted at the entrance to the beach.
- Your buddy brings a case of beer on the fishing trip.
- You and your friends are camping and enjoying alcohol a little too much. Everyone starts complaining of the heat. They want to go swimming. It's two in the morning.
- Your friends are going on a fishing trip that only requires hip waders. They don't want to wear a PFD.

- (2) **Rules - We don't need them.**

Review some of the main points in the drowning report. This can be done as a rotating brainstorming session. Break the large group into smaller groups of three or four. Have flip chart papers placed on cardboard or on picnic tables. Title the paper with different types of dangers, such as undertows, currents and rafts. Give each group a



few minutes at each station. Once all the groups have completed the instructions for each station, then the rotation is complete and you may give them the instructions for the next rotation. A rotating brainstorming session can go something like this:

First Situation : List ways (*try for three for each group*) to identify if the danger exists.

Second Situation : List ways you could save someone who was in trouble with regards to each specific danger. (*At least two ideas from each group*)

Third Situation : List ways to prevent the aquatic incidents they came up with during the third rotation. (*At least two ways from each group*)

Cottage Safety Tips

At the Lifesaving Society we always recommend that you swim with the supervision of a lifeguard. If you are at your cottage there are a few basic safety tips you can follow to ensure the safety of you and your family.

CONTENT:

Waterfront Tour

- a) **Site Safety:** Is there a sign clearly posted with waterfront rules and hazards? Are there buoys to warn approaching boats not to enter because swimmers are present? Is the waterfront clear of glass and debris? Is the waterfront easily accessible? Is help close at hand? Are there sudden drop offs? Is there a swift current? Is the bottom clear of debris? Are there weeds that may pose a hazard? Is the weather appropriate for swimming?
- b) **Raft or Wharf Safety:** Is the raft placed in an area that is safe for diving (2.55m or 8.5 ft)? If not, is the raft/wharf clearly marked with “**No Diving**” signs? Are there any loose boards, splinters or nails? Is the raft/wharf in good condition? Is the raft anchored with a non-protruding object (i.e. bricks instead of old motor engine block)? Is there a need for a ladder? If so, is the ladder in good repair?

Waterfront Safety Equipment

- a) Review the type of equipment in use at the waterfront. Review characteristics of various equipment – reaching pole, throwing assist with and without lines. Are the assists easily located in case of an emergency? Do you and you children know how to use this equipment safely? What toys and leisure equipment may pose a risk at a waterfront where as it would be safe to use at a pool (ie. rubber dinghy, water mattress, and beach ball)? What about access to a phone? Are emergency phone numbers posted? Is there a well-equipped first aid kit?
- b) Practice low risk rescues using available equipment. Emphasize the ladder approach.

Supervision Issues

- a) parents need to be role models for their children
- b) establish rules and post them
- c) always insure adult supervision
- d) check the weather before going swimming

For Both:

- (1) **Night Vision Obstacle:** To show the importance of swimming during daylight hours. You need a few pairs of goggles that have pieces of garbage bags in them so the person cannot see. **Make sure this activity takes place in shallow water.** With all the participants, make a large circle. This will ensure everyone stays safe. Next, have two or three people put on the “goggles of darkness,” and try to either walk or swim, through the objects you put in the circle. Make sure the objects are spread out

so that they will not be able to escape the circle. You can have objects that float and some that sink. That way it will be harder to avoid the objects.
- (2) **Swim Free through the Weeds:** Show why it is important to stay in the swimming area and to check for hazards BEFORE you go in the water. This is an obstacle course -- sort of. You can make “weeds” by putting rocks in garbage bags, tying the closed bag to the bottom and then shredding the top of the garbage bag.
- (3) **Wave Machine:** To simulate swimming in rough waters. Have people line up facing some sort of wall-like structure (*if possible*) and push the water away from them (using flutterboards). One person at a time tries to swim through the waves.

COLD WATER SAFETY ACTIVITIES

GENERAL INFORMATION:

- ❖ Always be properly dressed for the weather.
- ❖ The HELP position can keep you warm in cold water. HELP stands for “Heat Escape Lessening Position”.
- ❖ The huddle position can keep a group of people warm and together. People join up shoulder to shoulder and bend knees just as in the HELP position.
- ❖ Hypothermia is one of the major causes of death in aquatic accidents.
- ❖ Canadian lakes, rivers and coastal waters are extremely cold. Some never exceed 15 degrees C.
- ❖ Wet clothing, fatigue, fear and lack of food will increase the speed of body cooling.
- ❖ Do not swim to keep warm.

For Children:

- (1) **Secret Hug:** When the children get out of the water and they are cold, encourage them to go hug their parents or guardians to see if hugging someone will warm them up.

For Adults:

- (1) **True Stories:** Ask if anyone has ever experience hypothermia. Yes, they all have because shivering uncontrollably is the first stage of hypothermia. What happened? What were they doing at that time? Do they have anything else to add?
- (2) **Brainstorming Session:** Have the participants list what they think are the signs and symptoms of hypothermia. Review each of the signs and symptoms as well as treatment.

For Both:

- (1) **Ice Bucket:** Have everyone write their names on a piece of paper. Next, have two or three people submerge their hands in a bucket of water filled with ice. When their hands become numb, remove them from the water and get them to try and write their name again. They should see a difference in how long it took them to write their name and how much more difficult the task has become.
- (2) **HELP and HUDDLE:** Have each person go into the help position for two minutes. Make sure they know that they cannot untuck from the position or it will not work properly. If they are rolling onto their faces or sides, have them lean back and scull with their hands. After two minutes are up have them spread out like a star. They should feel a rush of cold water.
- (3) **Warm Hut:** Have everyone sit in a circle. The instructor will put blankets and towels over the circle so it looks like an igloo. The air inside the igloo should warm up.

Emphasize The Ladder Approach!

GENERAL INFORMATION:

- ❖ The majority of people who drown never intended to go in the water.
- ❖ The **Ladder Approach** to water rescue presents, in order of increasing risk, your options for helping someone in trouble in water.
- ❖ No matter how skilled a swimmer or rescuer you are, direct contact with victims should never be done unless you are trained to do so by the Lifesaving Society
- ❖ Maintain eye contact with the victim at all times.
- ❖ Try not to panic. Always remain calm.
- ❖ Prevention is the key.

For Children:

- (1) Have the children pick out an object they think will float and take it into the water and try it out. Make sure there are objects that will sink and float. The objects can be anything you want them to be.

For Adults:

- (1) **Videos:** “The Reasons People Drown”. Lifeguard Frank Pia discusses the drowning process, as well as different victim types. There is real life footage of the different types of victims rescued by lifeguards.

For Both:

- (1) **Ready or Not:** Defenses and Releases
- (2) **Assist Yourself: Make Your Own Throwing Assist**
Have a variety of objects available, such as empty javex bottles, rope, ring buoy, and PFDs. If you do not have the objects readily available then write the names of the objects on a piece of paper and place them in different locations around your site.

Review the characteristics of a good reaching and throwing assist. Have the group split into pairs. Each pair gets a piece of paper and a pencil. As they go around to each station, they have to write down what objects would be good reaching or throwing assists and not so good for either reaching or throwing assists (ie. a rock because it doesn't float).

Once that activity is complete the Instructor will run through the different types of victims.

- (3) **Self-Rescue:** Whether you're rescuing yourself or another person, the rescue must have the same elements. In any rescue you must recognize, assess and act.

Demonstrate and review the following skills.

- 1) **Self-Rescue from good water conditions**
 - Using Clothing as a self-rescue assist (CLSM pp 3-5)
 - Removing excess or heavy clothing in a self-rescue (CLSM pp 3-5)
 - What to do if your boat capsizes (CLSM pp 3-4)
 - Swimming (CLSM pp 3-6)
 - Treading Water (CLSM pp 3-6)
 - Motionless Floating (CLSM pp 3-7)
- 2) **Self-Rescue from cold water**
 - HELP
 - HUDDLE
 - Falling through ice self-rescue (CLSM pp 3-9)

- 3) **Self-Rescue from hot water**
Limit your Contact **CLSM pp 3-9**
- 4) **Self-Rescue from moving water**
Undertows
Rip Currents
Lateral Currents
River Currents
Hydraulic Currents
(CLSM pp 3-10 to 3-11)

DIVE RIGHT – FEET FIRST, FIRST TIME

GENERAL INFORMATION:

- ❖ Diving is the leading sports-related cause of spinal cord injuries in Canada.
- ❖ Young people, especially males between the ages of 17 and 22, are at risk.
- ❖ The Lifesaving Society recommends the water depth be at least 8.5 feet/2.55 m. for diving.
- ❖ Always check for water hazards (wade in) before you plunge into the water

For Children:

- (1) Do a visual demonstration. Ask them how to fit a football or basketball into a drinking glass. They shouldn't be able to do so. Relate this back to how deep the water should be in order to dive. Take the children into the water and show them proper entries and exits. Sing a few songs like "Humpty Dumpty sat on a Wall" or "Monkeys Jumping on the Bed".

For Adults:

- (1) **Video** - Sudden Impact, which discusses Spinal Injuries, caused by careless behavior around water and/or accidents.
- (2) Personal Experiences + Discussion

For Both:

- (1) Start by asking how deep should the water be for safe diving? Make a list of all the things people should do before they are going to dive. To demonstrate the fact that river and lake bottoms change, have a water bottle filled with sand and water. Lay the bottle on its side and then shake it up a bit. The sand should drift and change.

Next, review different emergency entries.

- Wading
- Stride jump
- Shallow dive
- Modified compact jump
- Slip-in entry
- Head-up dive
- Compact jump

FIRST AID ACTIVITIES

Design a rescue circuit of stations where people can get a chance to try a rescue skill (but not to become certified). You should instruct them where they can go to get further training. This can be interactive as well as, a demonstration station for people who don't want to try but just want to watch. Time limits will depend on how you have arranged your *Drowning Prevention Day*.

GENERAL INFORMATION:

- ❖ Adult - eight years and over
- ❖ Child - one to eight years
- ❖ Infant - birth to one year
- ❖ The air we breathe in contains 21% oxygen. The air we breathe out contains 16% oxygen. There is plenty of oxygen in that air to make rescue breathing successful.
- ❖ Do not perform a blind finger sweep on anyone.
- ❖ For a conscious casualty always ask their permission before starting treatment.

- ❖ Choking Procedures: Adult and child, conscious.
- ❖ Rescue Breathing Station: Adult and child.
- ❖ CPR: Demonstration only
- ❖ Basic First Aid: Bleeding
 Cramps
 Sprains, strains and dislocations
 Heat Emergencies
- ❖ See new CPR and Rescue Breathing standards insert at back.

Section #2

NATIONAL DROWNING PREVENTION DAY RESOURCES AND CONTACTS



LIFESAVING SOCIETY
Canada's Lifeguarding Experts

SCHEDULES:

PROBLEMS + SOLUTIONS!

Nothing at the pool or waterfront: have fun! Go crazy! You could have demonstrations, as well as different stations people could go to. If you have the resources, you could have a barbecue and games for the kids.

There are lessons all morning: Don't worry. Set up a station where parents can browse pamphlets and information on Lifesaving programs. If there is an instructor available then maybe he/she can do a rescue-breathing demonstration or making a throwing assist station.

Open Swims: Try to organize some games with the children and parents at the swim. There are lots of lifesaving skills that can be incorporated into a relay race. Have information about the Lifesaving Society and its programs readily available. Have events planned during the swims and people who participate get to swim at a reduced price. At a waterfront, you may be able to section part of the waterfront off for a few activities.

The guards are too busy to run activities and answer questions: Why not team up with a local recreation department to create a fun day at the beach. The recreation leaders can help with activities and public education while lifeguards can provide a safe and fun day for all patrons. This is a great way to boost attendance at Drowning Prevention Day activities with the large network of local children involved in any recreation program.

Don't forget ***Drowning Prevention Day*** is supposed to be fun. Don't take on more than your staff and facility can handle.

MEDIA

During the week of July 21 press kits will be sent to every media outlet in Nova Scotia. They will be given information on the Lifesaving Society and its goals. We are trying to get as much media coverage as possible. If you would like the Lifesaving Society to handle all media relations please fill out the form. If you would like sample press releases please contact the Lifesaving Society at (902)425-5450

Quick Facts

- ? Four out of ten victims are alone when they drown.
- ? One-third of the drowning victims know how to swim. Knowing how to swim is not enough to keep you safe.
- ? Only 5% of victims were wearing a life jacket or personal floatation device (PFD).

- ? Alcohol is involved in 45% of all preventable water-related deaths.
- ? About 34 Canadians become partially or completely paralyzed each year as a result of breaking their necks in water-related incidents. Most of these incidents occur while diving into shallow water.
- ? Backyard pools are the number one risk location for children under 5 years old.
- ? For children under two years old, bathtubs are the number one risk location, followed by backyard pools.
- ? Drowning is a silent killer. Do not expect to hear a cry for help. If you are not within arms' reach of your child, then you have strayed too far.
- ? 99% of drowning deaths occur where there is no lifeguard on duty.
- ? Young males between the ages of 18 and 24-years-old have the highest preventable water-related deaths.
- ? Two-thirds of the people who drown never intended to go near the water.
- ? More than 400 Canadians die each year in water-related incidents.
- ? Drowning is the third leading cause of death for people under 55 years of age.
- ? The age groups at the greatest risk of drowning are:
 - Young adults between the ages of 18 and 34.
 - Young children under five.
 - Males
- ? About half of drownings occur in the summer months.
- ? Many water-related deaths happen during the weekends and during the afternoon and evenings.

If you would like a copy of The National Drowning Report please contact the Lifesaving Office at (902) 425-5450.

BE WATER SMART -- PREVENT DROWNING!

- Learn to swim
- Wear a life jacket or PFD
- Behave responsibly if you consume alcohol, drugs or medication.
- Supervise toddlers and young children at all times.
- Swim with a buddy.
- Behave responsibly when boating.
- Don't dive into shallow or unknown water.
- Check for hazards and create a safe aquatic setting.
- Swim in supervised areas.
- Know the dangers of cold water.
- Learn basic first aid skills like rescue breathing and cardiopulmonary resuscitation.

DROWNING PREVENTION DAY

CHECK LIST

BEFORE

- _____ Plan the event.
- _____ Get equipment ready.
- _____ Put up signs and posters promoting the event.
- _____ If you need supplies such as posters and pamphlets, let the Lifesaving Society know.
- _____ Post signs.

DURING

- _____ Wear the provided t-shirt/tank top.
- _____ Make announcements that it is national *Drowning Prevention Day* throughout the day.
- _____ Run the activities.
- _____ Have fun!

AFTER

- _____ Send unused materials back to the Lifesaving Society.

PFD / Lifejacket Quiz

Questions:

- 1) Who is responsible for approving PFD's and Lifejackets in Canada?
- 2) What are the approved colors for a lifejacket / PFD in Canada?
- 3) What is the difference between a lifejacket / PFD?
- 4) When in a boat always _____ your PFD.
- 5) When boating there must be _____ for every person aboard.
- 6) A PFD must _____ to be effective.
- 7) What does PFD stand for?
- 8) What is the HELP position and what is the purpose of the HELP position?
- 9) Where can you buy a PFD?
- 10) Over ____% of drowning victims are not wearing a PFD.

PFD / LIFEJACKET QUIZ ANSWERS

Answers:

- 1) Canadian Coast Guard and Department of Transportation (DOT)
- 2) Any Color (Recommended colors are orange, yellow and red.)
- 3) PFD's are more comfortable, will not flip you over if unconscious, etc.
- 4) Wear
- 5) One PFD / Lifejacket
- 6) Fit
- 7) Personal Floatation Device
- 8) Heat Escape Lessening Position
- 9) Answers will depend on local Situation
- 10) 95%

Boating Quiz

Questions:

- 1) True or False. If you are 15 years of age are you allowed to operate a Personal Watercraft?
- 2) What is a boater competency card and how can you get one?
- 3) If you were born after April 1, 1983 when do you need to have a boater competency card?
- 4) Over ____ % of all power-boating fatality victims had a blood alcohol level above the legal driving limit.
- 5) There must be one approved PFD or lifejacket for every _____ on a boat. Failure to obey this law could result in a fine of over \$200.
- 6) List the safety equipment required for the category of; canoes, kayaks, rowboats and rowing shells (not over 6m in length).
- 7) Before you set out be sure to make a _____ and leave it with someone responsible.
- 8) Who is responsible for approving PFD's and lifejackets in Canada?
- 9) What does PFD stand for?
- 10) What is the H.E.L.P. position and why is it beneficial?

Boating Quiz Answers

Answers:

- 1) False
- 2) A card you receive after passing a coast guard accredited test; you can take the Lifesaving Society's BOAT program.
- 3) Now
- 4) 40%
- 5) person
- 6) List:
 - a) one Canadian-approved personal flotation device or lifejacket of appropriate size for each person on board
 - b) one buoyant heaving line of not less than 15 m in length
 - c) one manual propelling device **or** an anchor with not less than 15 m of cable, rope or chain in any combination
 - d) one bailer or one manual water pump fitted with or accompanied by sufficient hose to enable a person using the pump to pump water from the bilge of the vessel over the side of the vessel
 - e) a sound signaling device or a sound signaling appliance
 - f) navigation lights that meet the applicable standards set out in the Collision Regulations if the pleasure craft is operated after sunset and before sunrise or in periods of restricted visibility
- 7) Float Plan
- 8) Canadian Coast Guard and the Department of Transportation (DOT)
- 9) Personal Flotation Device
- 10) Heat Escape Lessening Position; to conserve body heat.

