Dear Palm Beach County Subscriber:

Living in the Sunshine State, we get to partake in water recreational activities year-round! Having such fun, however, can turn tragic regardless of one’s age, race, gender and socioeconomic background. With an average drowning rate of 45 deaths per year, the Drowning Prevention Coalition of Palm Beach County was established in the mid 90’s to raise community awareness about safety in and around all bodies of water. The Coalition is funded by the Palm Beach County Board of County Commissioners and Children’s Services Council of Palm Beach County and operates out of Palm Beach County Fire Rescue Headquarters.

Our Mission is to prevent drowning, near-drowning, and other water-related incidents in Palm Beach County by educating residents about water safety and basic rescue techniques.

Our Priority is placed on drowning prevention, giving free, land-based, age-appropriate water safety training education classes at venues across the county. In 2018, 126,063 individuals were exposed to water safety and drowning prevention education in Palm Beach County. It’s free, and we will bring our evening and weekend programming to your site!

Tune in and be informed about two life-safety topics that are critically important for Palm Beach County residents and visitors—Drowning Prevention and Sexual Assault Awareness. Watch PBC TV! April is an opportunity to energize and expand our efforts throughout the year! One month isn’t enough! April is an opportunity to raise public awareness about sexual violence and educate communities on how to prevent it. The theme for SAAM 2019 is: “I Ask” – clarifying the “consent” conversation.

Consent is:

• a clear, concrete example of what it takes to end sexual harassment, abuse and assault.
• more than just asking — it is about listening to and accepting the answer without pressuring someone to change their mind.
• respecting boundaries as part of healthy relationships.

The #MeToo movement has brought sexual assault into the forefront. The impact of sexual assault on survivors is long lasting. What can we do as a society to prevent another #MeToo story? One way that everyone can get involved is by always respecting the personal and emotional boundaries of those around them. We can ensure that boundaries are not crossed by asking for consent.

We ask you to show your support, to stand up to victim blaming, shut down rape jokes, fight harmful misconceptions and understand consent.

One month isn’t enough! April is an opportunity to energize and expand our efforts throughout the year! Our helpline is available 24/7 at (561) 833-7273.

Nicole Bishop
Director of Victim & Justice Services

Palm Beach County Board of County Commissioners

Palm Beach County Public Affairs
Department

PBC TV Channel 20
P.O. Box 1989
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www.pbcgov.com

PBC TV Program Guide is published monthly by the Palm Beach County Public Affairs Department. According to the provisions of the ADA, this brochure may be made available in an alternate format. Please call (561) 355-2754.

Please complete the information below and mail or fax to (561) 656-7523.

1) Have you ever heard of the Drowning Prevention Coalition of Palm Beach County (DPC)?
   □ Yes □ No

2) Yes to question #1, how did you become aware of the Drowning Prevention Coalition?
   □ PBC TV Channel 20 □ CTV □ Facebook □ Instagram □ Snapchat □ Facebook
   □ TV □ Radio □ Newspaper □ Twitter □ Family/Friend/Neighbor

3) Did you know the DPC offers free/reduced cost swimming lessons for eligible children ages 2–12?
   □ Yes □ No

4) How important do you think it is for children and adults in Palm Beach County of all ages to learn to swim?
   □ Not Very Important □ Somewhat Important □ Very Important □ Extremely Important

5) Did you know that the DPC provides free, land-based water safety presentations for all age groups?
   □ Yes □ No

6) Have you or anyone you know ever attended a DPC swim lesson or water safety presentation?
   □ Yes □ No

7) Did you know that the third leading cause of drowning in the County involves cars going into canals?
   □ Yes □ No

8) Did you know that seniors have the highest drowning rate in Palm Beach County due to swimming alone?
   □ Yes □ No

Comments

Detach postcard to mail

On PBC TV

Catch all the news about your local programs! On PBC TV... Monday & Wednesday at 7pm, and Friday at 11:30am & 8pm.

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Safety Matters

Florida is surrounded by water and drownings are unfortunately NOT uncommon. Water dangers are significantly more hazardous for children on the Autism Spectrum because of their fascination with water and how they silently “wander” off towards these bodies of water. We will share a local mom’s heartfelt story about their family’s experience with wandering. Also, you will learn some key prevention and preparation tips from professionals in the field of Autism Spectrum Disorder. April is Autism Awareness Month!

Adopt A Friend

Palm Beach County Animal Care and Control along with PBC TV have produced another parade of adoptable animals. These fun and loving animals are ready and waiting for a family to love and a place to call home. Watch PBC TV for a half-hour of energetic animals displaying their precious personality.

AirFridays at 10:00am, Mondays at 9:30am, Tuesdays at 10:00am, Wednesdays at 9:30am, Thursdays at 9:30am, and Saturdays at 10:00am

Politically Speaking

Host Todd Bonlinaor brings you up-to-date information on the issues that impact you and all of Palm Beach County. Watch PBC TV as Todd is joined in the studio and at the State Capitol by County Officials, State Legislators and Community Leaders to discuss legislative priorities, policy decisions and how it could potentially affect you.

AirSundays at 10:30am, Mondays at 10:30am, Tuesdays at 10:30am, Wednesdays at 8:30pm, Thursdays at 10:00am and Fridays at 10:00am.
Motor vehicle crashes in canals are the third leading cause of drowning in Palm Beach County. (FL Medical Examiner, District 15)

You must ESCAPE WITHIN the 1st MINUTE after a car enters the water!

Float times of a vehicle can vary between 30 seconds and a few minutes depending on several factors such as the vehicle’s weight, design, seals, and structural damage on impact.

Electric windows may work for a short period of time and should be opened as quickly as possible.

Don’t take anything heavy or unnecessary with you as you escape. In this situation, your life and the lives of those around you are most important.

LAMINATED vs. TEMPERED WINDOW GLASS

Hammer-type devices and spring-loaded window punches are NOT effective on laminated glass. Most front car windshields are made of laminated glass.

If glass is tempered, use an escape tool in a bottom corner of a side window for breakage.

Check your vehicle’s manual or contact your car’s manufacturer to determine vehicle’s glass type.

Disclaimer: This brochure has been created to provide basic knowledge of how to escape a sinking vehicle. The Drowning Prevention Coalition cannot predict different scenarios that can occur. Palm Beach County does not endorse any particular escape or rescue tool. Consumers must do their own research to determine what best fits their needs.
**ESCAPE IMMEDIATELY**

1. **Don’t Waste Time**
   - STAY CALM
   - NO PHONE

   - **SEATBELT OFF**
     - Remove or Cut: yours and your children’s who can’t help themselves.

   - **WINDOWS**
     - Open Manually or Break: use an escape tool in a bottom corner of a side window for breakage.

   - **CHILDREN**
     - Undo Seatbelts: capable children should immediately remove their seatbelt and exit through the nearest open window.

   - **GET OUT!!**
     - Children First: push them out ahead of you and exit behind them.

**HAVE AN ESCAPE TOOL AVAILABLE**

2. **Some Common Tools**

   - Having a tool may increase your chances of survival.
   - Make sure you have a certified and tested escape tool.
   - Tools can be bought in hardware stores, auto supply shops, and online.
   - Read the manufacturer’s instructions on how to properly handle the tool and learn how to use it in advance.
   - Keep tool within reach (i.e. on keychain, mounted on driver’s side door, or in a covered center console).
   - Not in the glove box or trunk!

**IF YOU CAN’T ESCAPE BEFORE THE CAR SINKS**

3. **Worst Case Scenario**

   - STAY CALM
   - SEATBELT OFF
     - Remove or Cut.

   - GET IN THE BACK
     - To breathe longer.

   - HAND ON DOOR HANDLE
     - Continually pull the handle even as the water rises. The door should open once pressure is equalized.

   - TAKE A DEEP BREATH

   - GET OUT!!

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**REHEARSE EMERGENCY ESCAPE AND SURVIVAL PROCEDURES WITH YOUR PASSENGER(S) AND HAVE AN ESCAPE TOOL READILY AVAILABLE.**
What does the Drowning Prevention Coalition offer?

**EDUCATION**
- Free, land-based water safety presentations for audiences of all ages
- A traveling safety display great for fairs and events
- Our mascot, Buddy the Seahorse, makes public appearances!

**SWIMMING VOUCHERS**

We provide vouchers that allow children between the ages of 2 to 12 to take 6-8 swim lessons for free or at a reduced cost at participating pools. Check our website to see if your child is eligible and if funds are available.

Buddy the Seahorse says ...

“Always swim with a buddy!”

Drowning Prevention Coalition of Palm Beach County
405 Pike Road, West Palm Beach, FL 33411
(561) 616-7068
www.pbcgov.org/dpc

To arrange a visit, fill out a request form at www.pbcgov.org/dpc
Our mission

To prevent drowning, near-drowning and other water-related incidents in Palm Beach County by educating residents on water safety and basic rescue technique.

We are a government organization that has served our community since 1996.

Every drowning is preventable.

The majority of child drownings in Palm Beach County are due to lack of adult supervision and lack of barriers around a body of water. Most child drownings happen in backyard pools with an adult just feet away, inside a house.

Did you know…

• Fifty-five children under the age of 15 drowned in Palm Beach County from 2007 to 2017.
• Drowning is the leading cause of unintentional death for Florida children between the ages of 1 and 4.
• For every child who drowns, an estimated five nearly drown. Some of those children will need medical care for life.

Know the ABCDs of water safety

A Adult supervision. Always have a responsible adult, a “water watcher,” keeping an eye on the pool.

B Barriers. Have code-compliant fencing around the pool, and alarms and childproof locks on doors and windows.

Bathtub. Never leave a child alone.

Boating. Always wear a U.S. Coast Guard-approved life jacket.

Buckets. Keep them stored away.

C Classes. Sign your child up to learn to swim!

CPR. Learn it!

D Drain Safety. Stay away from pool drains.

Driving Safety. Learn how to escape a sinking vehicle.
The cost of swim lessons may vary at the pools. Call the pools directly for pricing.

### Pool Directory and Map

Want swim lessons for your child? Here's where to go!

1. **BELLE GLADE**, Belle Glade Pool, 1224 SW Ave E Place, 33430
   - Phone: 561-518-0101

2. **BELLE GLADE**, Pioneer Park Aquatic Center, 866 State Road 715, 33430
   - Phone: 561-993-3892

3. **BOCA RATON**, The Swim Center, 21618 St. Andrews Blvd, 33433
   - Phone: 561-544-8540

4. **BOCA RATON**, Meadows Park Pool, 1300 NW 8th St, 33486
   - Phone: 561-393-7851

5. **BOCA RATON**, YMCA of South Palm Beach County, 6631 Palmetto Circle South, 33433
   - Phone: 561-395-9622

6. **BOCA RATON**, Coconut Cove Waterpark, 20130 Regional Park Dr, 33498
   - Phone: 561-629-8840

7. **BOYNTON BEACH**, John Denson Pool at Wilson Park, 225 NW 12th Ave, 33435
   - Phone: 561-742-6645

8. **BOYNTON BEACH**, YMCA of South Palm Beach County, 9600 S Military Trail, 33436
   - Phone: 561-738-9622

9. **BOYNTON BEACH**, Mandal JCC of the Palm Beaches, 8500 Jog Road, 33472
   - Phone: 561-487-8276

10. **DELRAY BEACH**, Aqua Crest Pool, 2503 Seacrest Blvd, 33444
    - Phone: 561-278-7104

11. **DELRAY BEACH**, Pompey Park Pool, 1101 NW 2nd St, 33444
    - Phone: 561-243-7358

12. **JUPITER**, North County Aquatic Complex, 861 Toney Penna Dr, 33458
    - Phone: 561-745-0241

13. **LAKE WORTH**, Glen Eagles Country Club Aquatic Center/Palm Beach County CMAA Therapeutic Recreation Complex, (Lessons only available for children with special needs) 2728 Lake Worth Road, 33441
    - Phone: 561-966-7080

14. **LANTANA**, Santaluces Aquatic Complex, 6750 Lawrence Road, 33462
    - Phone: 561-641-9301

15. **NORTH PALM BEACH**, North Palm Beach Country Club, 951 N. Congress Ave, 33408
    - Phone: 561-691-3427

16. **PALM BEACH GARDENS**, Mandal JCC of the Palm Beaches, 5221 Hood Road, 33418
    - Phone: 561-259-3008

17. **PALM BEACH GARDENS**, Palm Beach Gardens Aquatic Complex, 4434 Burns Road, 33410
    - Phone: 561-630-1100

18. **RIVIERA BEACH**, Barracuda Bay, 1621 W. Blue Heron Blvd, 33406
    - Phone: 561-845-4070

19. **ROYAL PALM BEACH**, Calypso Bay Waterpark, 151 Lamstein Lane, 33411
    - Phone: 561-790-6160

20. **WELLINGTON**, Wellington Aquatics Complex, 12150 Forest Hill Blvd, 33414
    - Phone: 561-791-4770

21. **WEST PALM BEACH**, Warren Hawkins Aquatic Center, 1501 N. Australian Ave, 33401
    - Phone: 561-804-4961

22. **WEST PALM BEACH**, Lake Lytal Family Aquatic Center, 3645 Gun Club Road, 33406
    - Phone: 561-233-1426

23. **WEST PALM BEACH**, YMCA of the Palm Beaches, 2085 S. Congress Ave, 33406
    - Phone: 561-968-9622
April 2019 PBC TV PROGRAM GUIDE

Drowning Prevention Coalition Word Search


Adult Supervision  Classes  Float  Sinking
Alarm  Coalition  Lessons  Survive
Aquatic  CPR  Lifeguard  Swimming
Backyard  Cutoff Switch  Life Jacket  Technique
Bathtub  Drain Cover  Mission  Vehicle
Beach  Drowning  Palm Beach County  Vision
Barrier  Education  Pool Safety  Voucher
Boating  Escape  Prevention  Water
Canal  Fencing  Rescue  Water Park
Childproof Lock  Fire Rescue  Rings
Drowning Prevention Coalition Word Search Answer Key

H C T I W S F F O T U C
S I N K I N G Y T N O U C H C A E B M L A P C R G
K R A P R E T A W D J D B T D L K F F E N B
E V R U P A A V I A
W A T E R H U C E I L S O L E R C
Q I S S T G W A O N N K
U T R I E U R F C N I R Q Y L T Y
I N A R O S U H T I M I S A
H U A N S P E I B C B S V O R A
C Q O B A R E L K K U N U N D E N F
T H S N C R P Q G W R A H F D G X U I P V A J N R P M
J V A L W E Q O X D J L B J P V J W Z G I K Y G F
U D S G H I O O R Y C T W W C R W R U I I R U F Q X E
S U R V I V E L E S S O N S