



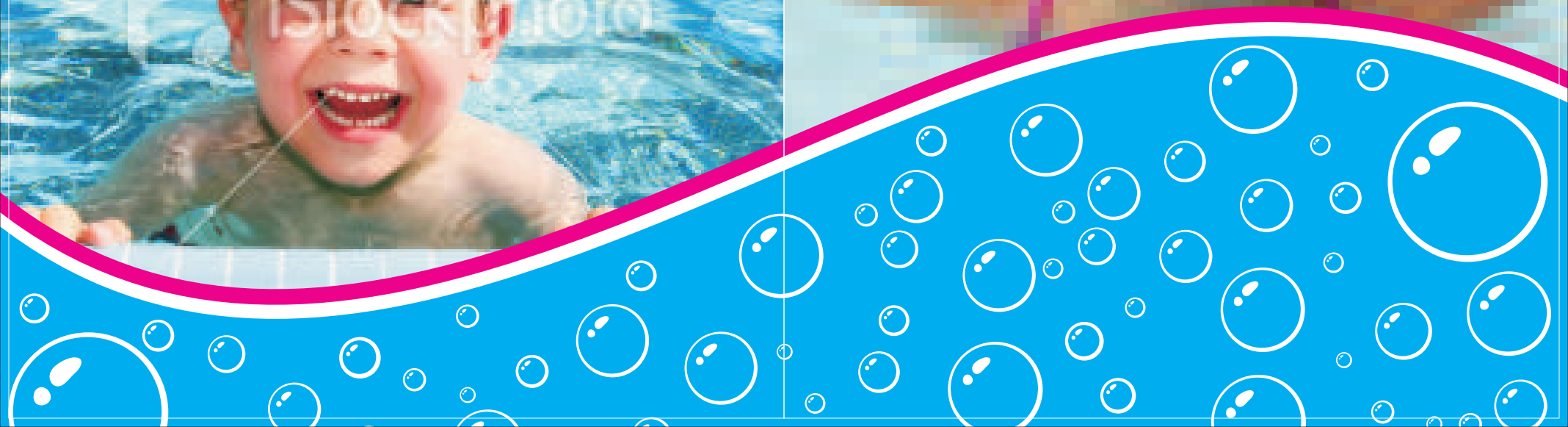
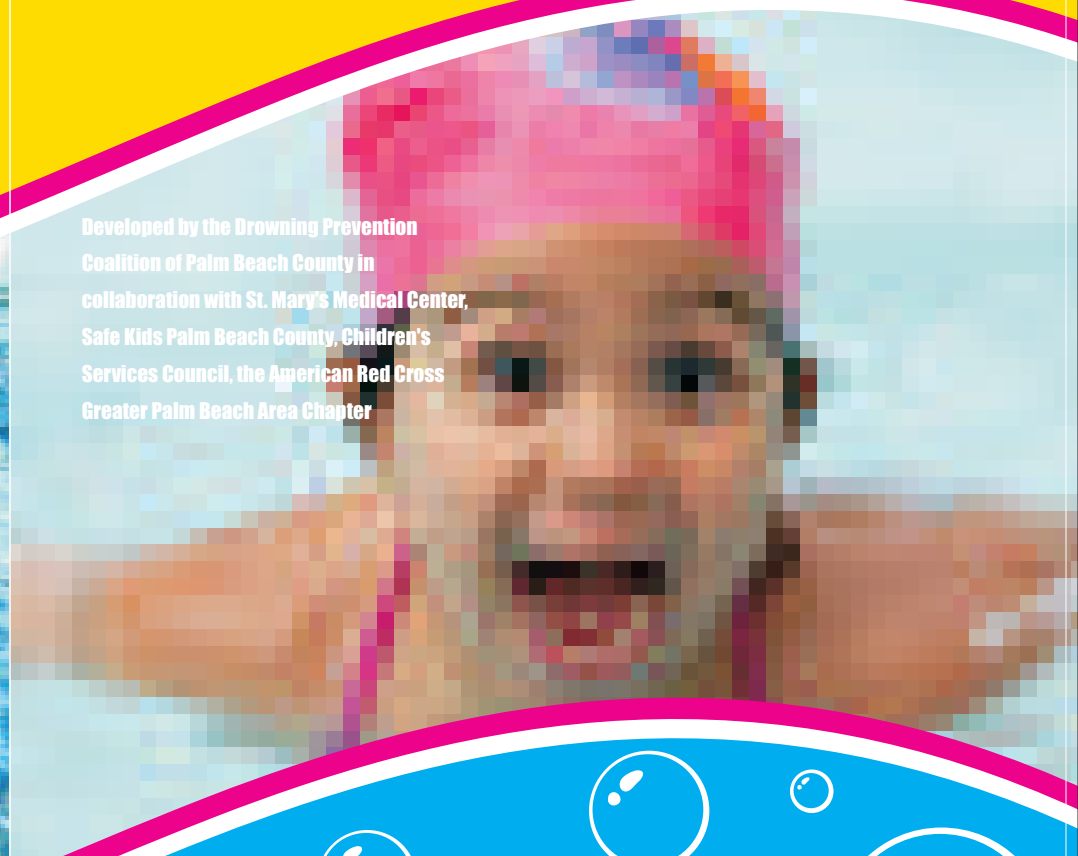
901 45th Street
West Palm Beach, FL 33407
561-844-6300

*For further information on drowning prevention
or preventing other injuries, contact the
trauma office at St. Mary's (561) 840-6013*



Be Water **SMART**

Developed by the Drowning Prevention
Coalition of Palm Beach County in
collaboration with St. Mary's Medical Center,
Safe Kids Palm Beach County, Children's
Services Council, the American Red Cross
Greater Palm Beach Area Chapter



Message to Parents

Welcome

The Drowning Prevention Coalition (DPC) of Palm Beach County and its partners have developed this resource guide to help you keep your child(ren) safe. Your personal attention and involvement is the most important factor in helping to prevent, prepare and cope with emergencies. The information contained in this guide will provide you with specific, life saving tools to help make your child(ren) water safe and water SMART (Safety Methods and Rescue Techniques).

Please take a few moments to review this guide, including the information for reasonably priced water safety lessons, CPR training and safety equipment.

In Palm Beach County, children ages 1-4 have the highest rate of drowning based on population between 1997-2010. (Source: Palm Beach County Medical Examiner's Office). For more information, visit the Drowning Prevention Coalition's website at www.pbcgov.org/dpc or call (561) 616-7068.

Thank you,

The information provided in this resource booklet is to provide education and awareness. Ultimately, it is your responsibility to prevent a drowning incident.

Additional Recommendations by Your Pediatrician:

Prescription for Water Safety

Please take this prescription to your local aquatic facility to sign up for your child's water safety lessons (at your own expense).

Child's Name: _____

Age: _____ Today's Date: _____

- ☐ **Water Safety Lessons**
- ☐ **Child and Infant CPR and First Aid Classes**
- ☐ **Door Alarms and Pool Fencing Information**

Name of Doctor's Office: _____

Doctor's Signature: _____

Coalition Members



Nicklaus Children's
Health Care Foundation



American Red Cross
Palm Beaches-Treasure Coast Region



Did you know

- Over 1/4 of all drownings occur in swimming pools with adults present but...**ADULTS WERE PREOCCUPIED**
- Unprotected in-ground pools are 83 percent more likely to be involved in a drowning than pools with complete four-sided isolation fencing



- For every child who drowns, four others are hospitalized for near drownings, and as many as three suffer brain damage
- Fifteen percent of children admitted for near drownings die in the hospital
- Typical medical costs for a near-drowning victim can range from \$75,000 for initial emergency room treatment to \$180,000 a year for long-term care. A near drowning that results in brain damage can ultimately cost more than \$4.5 million

Source: Florida Department of Health 2009 Drowning Facts.

Safety Devices

For information about:

- **Pool fencing:** look in business telephone directories under **Pool Fencing/Pool Fence Companies**
- **Door alarms:** look in business telephone directories under **Home Improvement/Hardware Stores**
- **Drain covers:** Swimming pool drains on the bottoms and sides of swimming pools and spas should have approved anti-entrapment drain covers and suction valve release mechanisms.

Visit The Association of Pool & Spa Professions at apsp.org for a complete list of builders, retailers and service companies in the area.

Note: Make sure all safety products have been approved by the American Society for Testing and Materials (ASTM) or American National Standards Institute (ANSI)

Do you Know How to Escape?

Based on the Medical Examiner's report the third leading cause of drowning in Palm Beach County is being trapped in a motor vehicle that has been submerged in a canal.

If there are children in a car or booster seat remember the following:

PO-GO

P=Push the seatbelt until it releases

O=Open your window(s) or door(s)

GO=GET OUT!

If you find yourself immersed in water after a car accident, don't panic! Get yourself out of the driver's seat immediately and go to the back seat of the vehicle. If you cannot open your child(ren)'s seatbelt, cut the seatbelt using a rescue tool, then hold him or her by the hand, find your escape route (usually an opened window) and then exit the vehicle.

What If I can't escape through a window?

Don't panic. You must wait until the car completely fills up with water in order for there to be an equalization of pressure inside the vehicle so you can open up the door. As you wait, keep your hand on the door handle at all times and keep trying to push the door open.

Consider purchasing an emergency rescue tool that can break window glass and cut through seatbelt restraints. These tools can be purchased at your local auto parts store, automobile clubs or found online.

CPR Classes

To find CPR classes for infants and children, look in business telephone directories under CPR classes or check with your local fire department, hospital or the American Red Cross.

Organization	Phone Number	Website
American Heart Association	561-697-6600	americanheart.org
American Red Cross	561-833-8771	redcross-pbc.org
St. Mary's Medical Center	561-882-9100	stmarysmc.com

CPR Reference

IMMEDIATELY PHONE 911 AND BEGIN CPR

For victims younger than age 8, administer 2 minutes of CPR before calling 911

	Infants Up to Age 1	Children Age 1 to 8	Adults Age 8 and Older
Rescue breathing Has circulation signs; perform rescue breathing only	1 breath every 3 seconds	1 breath every 3 seconds	1 breath every 6-8 seconds
Compression landmark Has circulation signs; perform rescue breathing and compressions	One finger width below nipple line	Center of chest between nipples	Center of chest between nipples
Method	Two fingers	Heel of one hand	Heel of one hand with other hand on top
Rate per minute	100	100	100
Depth	1/3 to 1/2 depth of chest	2 inches	At least 2 inches
Ratio compressions to breath	30:2	30:2	30:2

Home Safety Tips

Don't assume you will hear a child who is in trouble in the water. Drowning is a silent death, with no splashing to alert anyone that the child is in trouble. Here are some useful tips that can help keep children safe:

- Put locks and alarms on all doors and windows to keep children from getting into the pool area unnoticed. Make sure these devices are in working order, and that the pool fence is installed properly, without visual damage or tears.
- Surround the pool itself with a pool fence to keep young children from falling in.
- Install and use a locking safety cover on your spa.
- When around water, have children within arm's reach at all times.
- Enroll children in water safety lessons so they can learn to save themselves if they fall into a body of water.
- Have a telephone and rescue equipment, such as a shepherd's hook or a floatation device (i.e. life ring) nearby.
- All caregivers should know child CPR.



Resources

Find a pool in your area that offers water safety lessons.

City	Facility	Address	Phone
Belle Glade	Belle Glade City Pool	1224 SW Ave East Place	561-993-0728
	Pioneer Park	866 SR 715	561-963-6741
Boca Raton	Swim Center	21618 St. Andrews Blvd.	561-544-8540
	Meadows Park Pool	1300 NW 8 th Street	561-393-7851
	YMCA	6631 Palmetto Circle S.	561-395-9622
	Coconut Cove	11200 Park Access Rd.	561-274-1140
Boynton Beach	YMCA	9600 South Military Trail	561-738-9622
	JCC	8500 Jog Road	561-487-8276
	Denson Park at Wilson Park	225 NW 12th Ave.	561-742-6645
Delray Beach	Aqua Crest	2503 Seacrest Blvd.	561-278-7104
	Pompey Park	1102 NW 3rd St.	561-243-7358
Jupiter	North County Pool	861 Toney Penna Drive	561-745-0241
Lake Worth	Lake Worth Municipal Pool	50 South Ocean Blvd.	561-586-1773
	Therapeutic Recreation Complex (Special Needs Only)	2728 Lake Worth Rd.	561-966-7088



Resources

City	Facility	Address	Phone
Lantana	Santaluces Aquatic Complex	6750 Lawrence Rd.	561-963-6741
North Palm Beach	North Palm Beach	951 U.S. HWY 1	561-691-3427
Palm Beach Gardens	Palm Beach Gardens	4404 Burns Road	561-630-1100
Riviera Beach	Barracuda Bay	1621 W. Blue Heron Blvd.	561-845-4070
Royal Palm Beach	Calypso Bay Waterpark	151 Lamstein Lane	561-790-6160
Wellington	Wellington Aquatic Complex	12165 W. Forest Hill Blvd.	561-791-4770
West Palm Beach	Warren Hawkins	1501 N. Australian Ave.	561-804-4961
	Lake Lytal	3645 Gun Club Road.	561-233-1426
	YMCA	2085 S. Congress Ave.	561-968-9622