

Water Safety Tips

- + Practice adult touch supervision - be within arm's length of children in any body of water. Be a "Water Watcher".
- + Follow posted safety rules at aquatic facilities and beaches.
- + All adults and children need to learn to swim and survive.
- + Always swim with a buddy in a supervised area - a guarded beach or pool.
- + Always be "alcohol free" before or during swimming, boating, or other water recreational activity.
- + Always use approved Personal Flotation Devices or PFD's. Swimming aids such as water wings can deflate due to heat or punctures.
- + Check water depth before entering any type of water. The American Red Cross recommends nine feet as a minimum depth for diving or jumping.
- + "REACH or THROW, DON'T GO" If a person is struggling in the water, call for help. Reach an object out to them (i.e. stick, pool skimmer, garden hose, rope) and then lie down on the ground to pull them to safety. If the victim is too far away, throw them something that floats (i.e. pool noodle, life jacket, inner tube) until help arrives.
- + Learn CPR.

Volunteer Opportunities

How can you help?

Get on board! You can assist us with water safety educational classes, distribute information at community health and safety fairs, and if you're a swim instructor, work with children and adults in need of swim instruction.



DROWNING PREVENTION COALITION OF PALM BEACH COUNTY



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The Drowning Prevention Coalition of Palm Beach County

The Drowning Prevention Coalition of Palm Beach County is a community based organization, whose target is to have zero drownings in Palm Beach County. The DPC is supported by over thirty agencies who are interested in reducing drowning.

Mission:

To promote, develop and support training and community education efforts that prevent drowning, near drowning and other water related incidents in Palm Beach County.

Strategic Goal:

To reduce drowning in Palm Beach County through awareness and education, skills training, installation of safety interventions and legislation.

Services Provided:

Educational Programs

Programs on water safety and drowning prevention, which are interactive, land-based and tailored to your audience, are available upon request.

**Drowning Prevention "Bucks"*

Vouchers for free swimming lessons are on a first come first serve basis and are given to qualified families and those with special needs (i.e. mental, emotional, or physical disability). Pools accepting these vouchers are located throughout the county.

* These Programs are funded by: The Children's Services Council of PBC and The Board of County Commissioners.

S.W.I.M. (Safe Water Instruction Module)

In partnership with the YMCA of South Palm Beach County, the goal is to help reduce the risk of accidental drowning in Palm Beach County by providing water safety education, swim instruction and advanced aquatic training to children and teens. This program is available to community-based organizations and schools. Call us for further information.

**Western Communities Water Safety*

Scholarships for free swim lessons are provided to children in Pahokee, Belle Glade and South Bay. Lifeguard training and water safety instruction are also available.

Did You Know?

+ Drowning is defined as death by suffocation after submersion in a liquid medium. Near drowning is a term used when a person recovers, at least temporarily, from a drowning event.

+ A child can drown in the time it takes to answer the phone. *U.S. Consumer Product Safety Commission (CPSC)*.

+ The Consumer Product Safety Commission recommends using layers of protection. This includes constant supervision of young children; placing barriers, such as a fence with a self-closing, self-latching gate around your pool to prevent access; and being prepared in case of an emergency.

Recreational swimming, watercrafts, scuba diving, and snorkeling are water activities you can enjoy year round in Florida. These activities can result in tragedy. Water-related tragedies do not discriminate - they strike all ages, races and socio-economic levels.

Preventing drowning must become a community effort. In Palm Beach County, information and resources are just a phone call away - to the Drowning Prevention Coalition of Palm Beach County (DPC).

561-616-7068

**Drowning Prevention Coalition
of Palm Beach County**
www.pbegov.com/dpc

**The Palm Beach County
Drowning Prevention
Coalition is
collaboratively
supported by:**

**The Palm Beach County
Board of County Commissioners**

**Children's Services Council
of Palm Beach County**

Palm Beach County Fire Rescue

