

WATER SAFETY HAWAII



Educating our community on water safety and
drowning prevention

OVERVIEW:

- ~ Drowning Defined
- ~ Drowning Statistics
- ~ Keiki with Disabilities
- ~ Water Safety Education
- ~ Additional Aquatic Opportunities
- ~ Water Safety Hawaii (Nonprofit)
- ~ Our Water Safety Ohana
- ~ Additional Water Safety Resources



DROWNING:

Drowning is a type of suffocation induced by the submersion of the mouth and nose in a liquid. Most instances of fatal drowning occur alone or in situations where others present are either unaware of the victim's situation or unable to offer assistance. There are 2 Types of Drowning: Fatal and NonFatal

WORLDWIDE EPIDEMIC

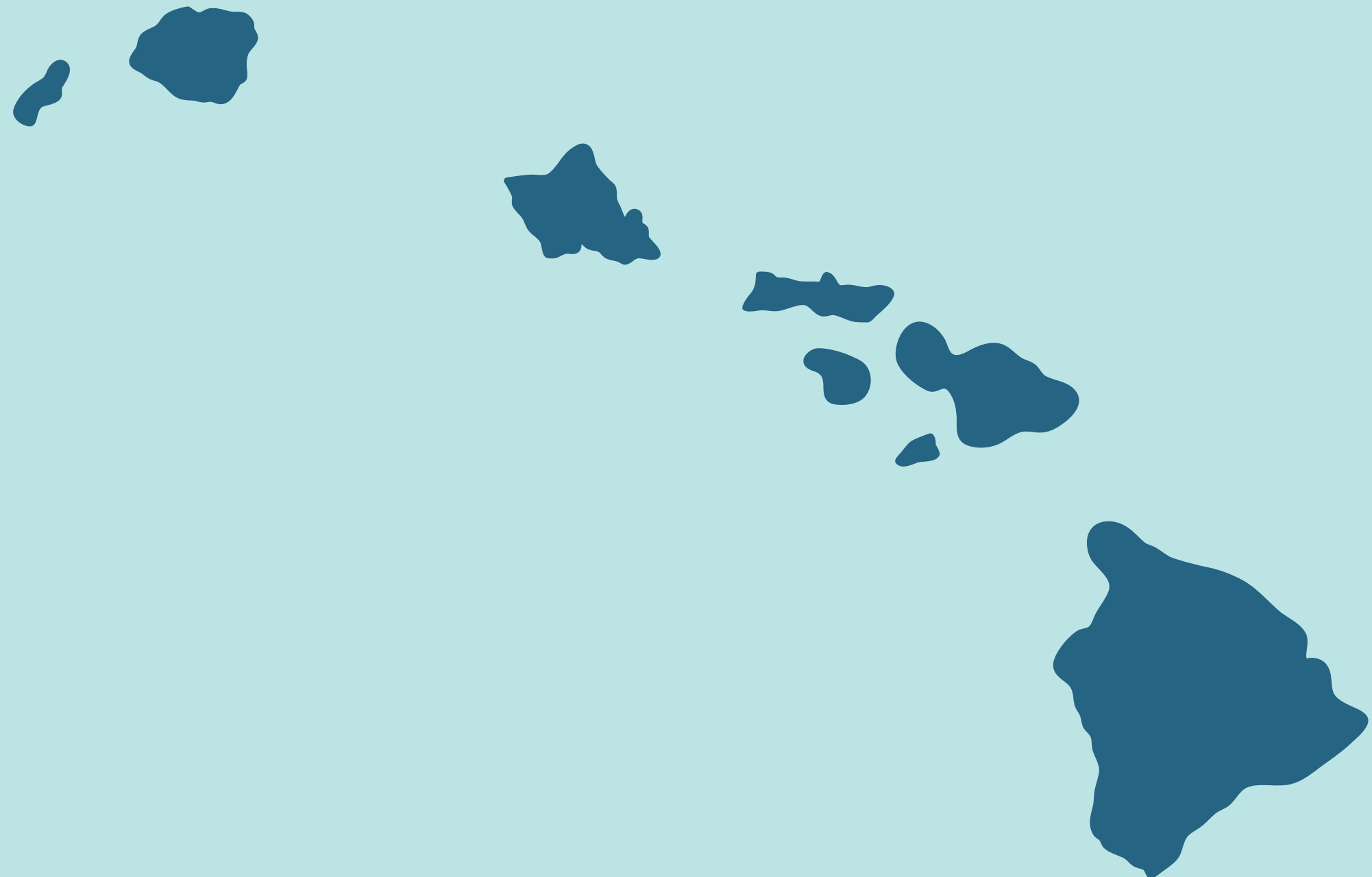
WORLD HEALTH ORGANIZATION (WHO)

- *ESTIMATED 236,000 ANNUAL DROWNING DEATHS WORLDWIDE*
- *DROWNING IS THE THIRD LEADING CAUSE OF UNINTENTIONAL INJURY DEATH WORLDWIDE*
- *CHILDREN, MALES AND INDIVIDUALS WITH INCREASED ACCESS TO WATER ARE MOST AT RISK OF DROWNING*



HAWAII

- Hawaii has an average of nearly 40 deaths a year related to drowning (Hawaii Injury Prevention Plan)
- Drowning is now the leading cause of death for children and teenagers 1-16 years old (Hawaii Dept. of Health)
- Hawaii has the 2nd highest drowning rate in the nation (Hawaii Dept. of Health)
- Native Hawaiians comprise a higher proportion of the drowning victim population than the estimated general public (Hawaii Dept. of Health)
- More than half (57%) of ocean drownings occurred on the eastern part of the island. This includes sand island, around Hanauma, Sandys, Makapu'u, to Kailua Bay (Hawaii Dept. of Health)

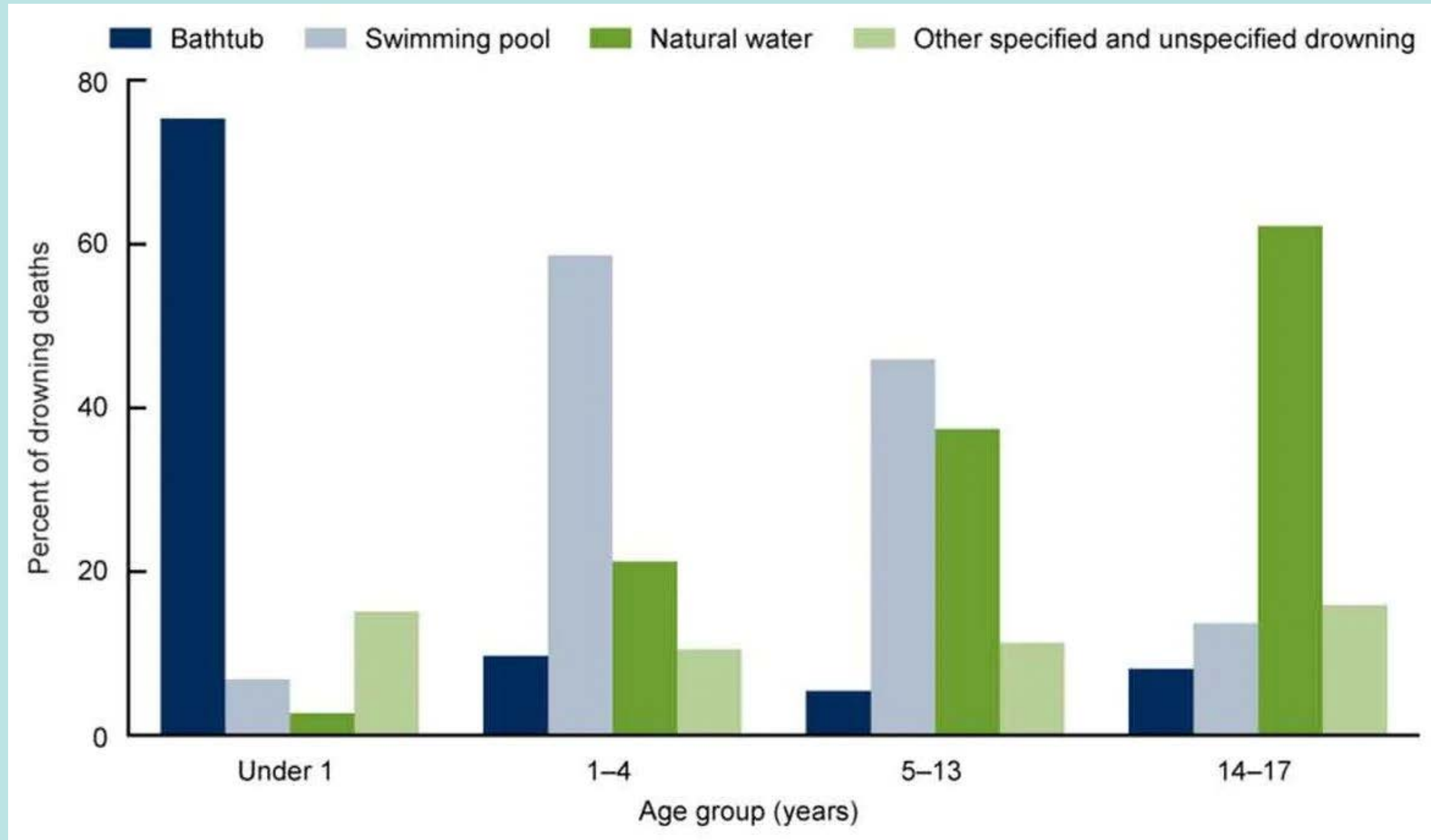


CHILDREN

- Children ages 1–4 have the highest drowning rates (CDC)
- Infants under the age of 1 are most likely to drown in a bathtub (CDC)
- Most children ages 1 through 4 drown in swimming pools (CDC)
- The likelihood of drowning in natural water settings (lakes, oceans, and rivers) increases with age (CDC)
- Boys were more than twice as likely to drown compared to girls
- Drowning can happen even when children are not expected to be near water, such as when they gain unsupervised access to water (CDC)
- If a parent does not know how to swim, there is only a 13% chance that a child in that household will learn how to swim (USA Swimming Foundation)



CHILDREN DROWNING STATISTICS BY AGE



CHILDREN WITH DISABILITIES

- Children with disabilities have a greater risk of drowning, this includes those with autism spectrum disorder (ASD), down syndrome, heart disease and seizure disorders (America Disability Community)
- Nearly all fatal drownings are a result of wandering, eloping, or missing from a caregiver – all factors that impact autism every day (Autism Society Florida)
- 70-80% of childhood drowning occurs in the backyard swimming pool (Autism Society Florida)



CHILDREN WITH AUTISM (ASD)

- Children with an ASD are 160 times more likely to drown than their neurotypical peers (The Autism Society 2023)
- According to the Dept of Health and CDC, most children who drown are 4 and under (70-90%). The CDC average age of ASD diagnosis is age 4.5. Strong likelihood that the number of young children who drown are children who would have been later diagnosed with an ASD since kids with autism have a tendency to elope or wander, can be unaware of the risks associated with the water and are naturally attracted to the water (Autism Society Florida)
- 50% of children with autism wander – nearly all gravitate towards water (Autism Society Florida)
- 32% of parents of kids with ASD report that they have had a “close call” drowning situation with their child (Autism Society Florida)



WATER SAFETY EDUCATION




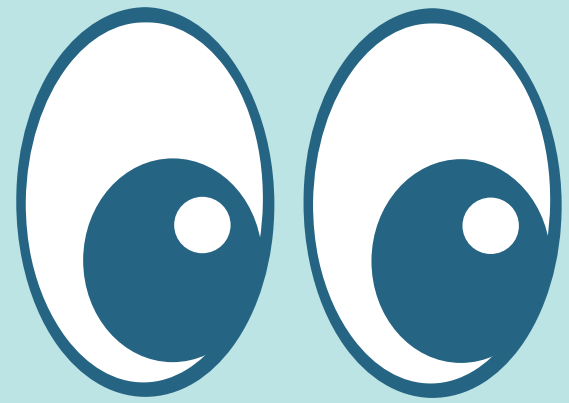
MULTIPLE LAYERS OF PROTECTION:

- Adult Supervision
- Barriers/Alarms
- Survival Based Swim Programs
- Lifejackets
- CPR



LAYERS OF PROTECTION – WATER SAFETY ISN'T JUST DURING SWIM TIME. ALL LAYERS SHOULD BE USED TOGETHER TO HELP REDUCE THE RISK OF DROWNING. YOU NEVER KNOW WHICH LAYER COULD SAVE A LIFE.





ADULT SUPERVISION

- If everyone is watching the children, then no one is watching the children!
- Adults must be vigilant and aware of surroundings with **close, constant, and capable supervision**. You must have a designated water watcher (and preferably a lifeguard) anytime children are in, around or have the potential to reach the water.
- Whether there is water around or not, always be aware of where children are and never leave them unattended. Remind guests with children, babysitters, and caregivers about the potential water hazards and the need for close, constant and capable supervision.
- Many drownings occur when people are actively swimming or hanging out around the water. An adult should be within arms' length of infants, toddlers, and children who lack water competency whenever they are in or near water, providing "touch supervision."
- Older children and flotation devices are NOT a substitute for active supervision.
- If a child is ever missing, check the water (pool, ocean) first!



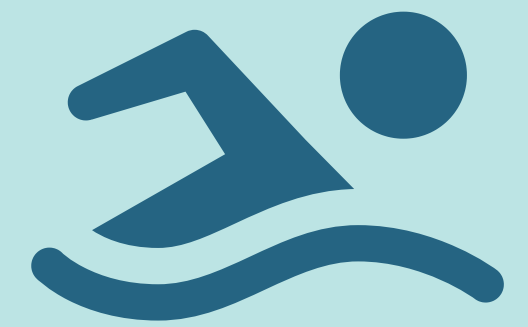


BARRIERS & ALARMS

- It is best to use four-sided fencing with self-closing, self-latching gates, pool safety covers, and alarm systems, to help prevent children and unauthorized adults from accessing water.
- Fencing should be at a minimum of 48"-60" (4 ft +) above grade
- There is a difference between **Property Protection with Perimeter Fencing** and **4-Sided Isolation Fencing**
- Gate/door should never be propped open
- Pool and Spa **HARD** covers can help prevent drowning. Soft covers or solar covers can cause entrapment and increase the risk of drowning.
- Subsurface alarms attach over the edge of the pool wall, or under water. Designed to sound an alarm immediately when the pool is entered and resets after a swim session. These alarms are best when professionally installed.
- Door alarms beep every time a door is opened or closed
- Life Saver Pool Fence (www.poolfence.com)

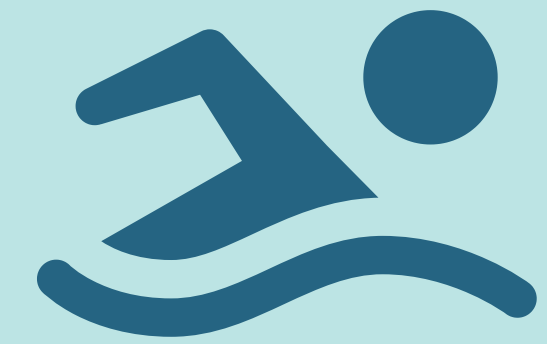


SURVIVAL BASED SWIM LESSONS



- Every child and adult should have the skills needed to save themselves if they ever reach the water alone. By learning and enhancing basic water safety skills, the risk of drowning and aquatic-related injuries will be greatly reduced.
- By taking formal swimming lessons, children ages 1-4 can reduce their drowning risk by 88%.
- Water competency and swim lessons should be continuous, and not taken for just one season - skills need to be developed and maintained during the entire year
- Do these lessons show my child how to find air and safety independently?
- Survival based swim lessons should emphasize age appropriate skills and should include mastery of independent swimming, floating and the ability to get into a float posture independently
- Ask your instructor questions:
 - What is your aquatic/swim instruction background?
 - How long have you been teaching? How many students have you taught?
 - Do you have experience teaching children with disabilities? How will you be able to accommodate a lesson structure that is specific to my child's needs?
- Observed lessons prior to signing up

ISR SELF-RESCUE LESSONS



- Infant Swimming Resource (ISR) - drowning prevention, survival based swim program that teaches infants and children 6 months to 6+ years old what to do if they ever reach the water alone.
- Certified ISR Instructors have education in child health, development, child psychology, behavioral sciences and sensorimotor learning.
- ISR's training method is very similar in Applied Behavior Analysis (ABA Therapy).
- ISR Lessons has a Registration Evaluation Team (RET) that will evaluate each child prior to lessons in order to ensure that they are providing the safest lesson possible. Children with special needs, autism and/or medical conditions will have additional safety protocols and specifications in order to run each lesson both safely and effectively.
- These lessons ensure that every child can perform 7-9 different check out procedures that assimilate all the different ways your child could potentially slip, slide, jump, fall or tumble into the water.
- ISR allows for your child to practice in clothes because 86% of children that find themselves in a drowning situation are fully clothed and not prepared to swim that day.

ISR LESSONS: RAIDEN (2 1/2 YEARS OLD, ASD)



LIFE JACKETS



- U.S. Coast Guard (USCG) approved life jackets
- Life jackets should be sized appropriately.
- Life jackets should be worn at shorelines, on docks, boats, open water, moving vessel and when children are not planning on being in the water that day or prior to getting in. They should be used as a **PRECAUTIONARY** and not used as a swim aid.
- There is no evidence that life jackets alone can teach a child to swim.
- Parents/Caregivers should not overly use flotation devices in swimming pools and should never use them as a replacement for supervision or gaining water competency.
- Lifejackets give children a false sense of security and reinforce a vertical posture. If a child has repetition of swimming and playing in the water with a floatation device in the vertical posture, then he/she will revert to this posture if they fall in without the floatation device. This vertical posture is the drowning position.
- Lifejackets and floatation devices when used incorrectly can actually increase the rate of drowning.



WHAT DOES DROWNING LOOK LIKE?

THE SIGNS OF DROWNING

- 1 FACING SHORE
- 2 MOUTH AT WATER LEVEL
- 3 HEAD TILTED BACK
- 4 BODY VERTICAL
- 5 CLIMBING LADDER MOTION

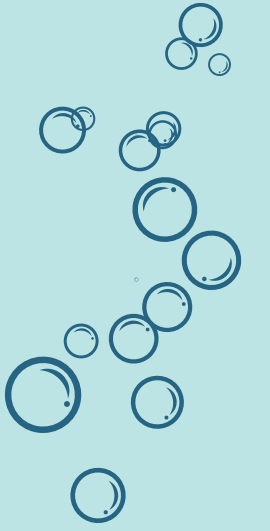
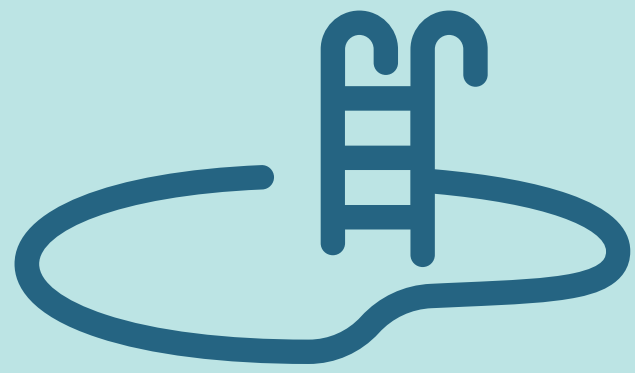


EMERGENCY RESPONSE- CPR



- If a child is missing always check the water first!
- Always have a cell phone available and ready to call 911
- Knowing how to prepare for an emergency with CPR training, First Aid and basic water rescue skills can make the difference between life and death.
- CPR (American Red Cross)-infant, child & adult
- Require all babysitters and caregivers to have current CPR training and certification
- In groups, such as pool or beach parties, at least one person should know CPR
- Proper training and certification should be refreshed every 1-2 years or more frequently if there have been recent changes in recommendations.
- If you suspect your child or someone else's child found themselves in a drowning situation, bring them to the Emergency Room immediately. Especially if you did not witness the incident and do not know how long they have been struggling/submerged.

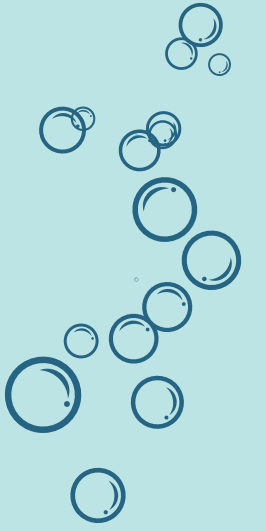
POOL SAFETY



- Supervision-close, constant, capable
- Designated Water Watcher
- Barriers/Alarms
- Do not play or swim near drains or suction outlets especially in spas and shallow pools
- Never enter a pool or spa that has a loose, broken or missing drain cover
- Pool toys should be stored in an area isolated from the pool deck
- Cell phone-never answer during segmented supervision, always have a cell phone with you in case of emergency
- Children wear neon, bright swimsuit, rashguards & boardshorts, avoid blues and greens.



HOT TUB SAFETY



- Check temperature with hand or wrist before allowing children to get in. Temperature should be under 100 degrees Fahrenheit for young children.
- Limit time to 10 mins or less to avoid dehydration
- Turn off jets when child is in hot tub
- Place a hard cover over hot tub when finished and keep covered when not in use
- Drain entrapments are frequently the result of a swimmer's body, hair,limbs or clothing becoming entangled in a faulty or flat drain or grate. The best defense against entrapments is to prevent them before they happen by installing federally-compliant drain covers.

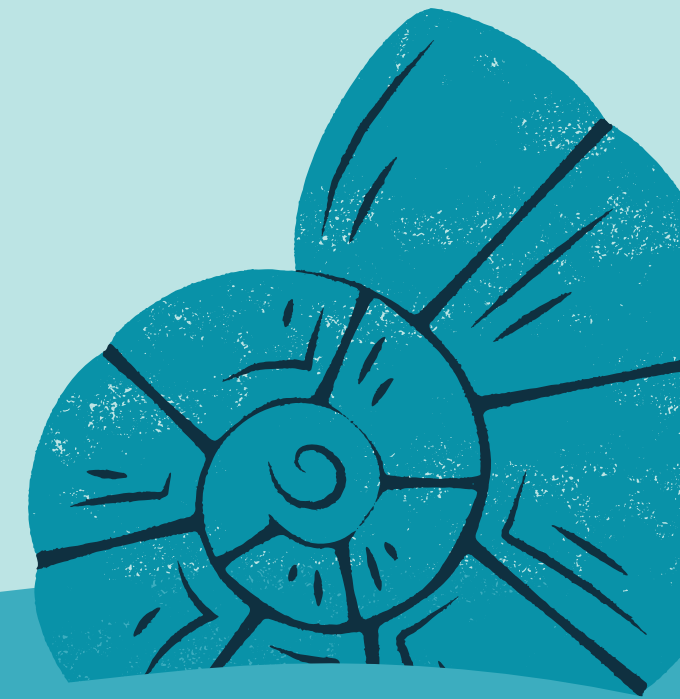


Note: Hot Tubs can be very enticing for young children, especially children with disabilities. Think bubbles, jets & warm water.

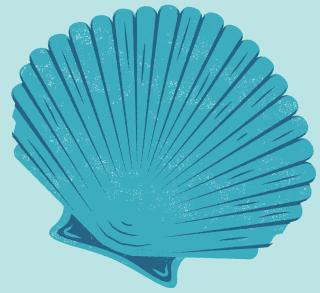
BEACH & OCEAN SAFETY



- Know before you go! Check local weather forecast
- Locate lifeguard tower
- Read all signs
- Set boundaries - do not go further than knee deep water
- Water Watcher - close,, constant and capable
- When arriving check out surroundings prior to getting in (deep, shallow, sandbar, drop off, reef, slippery rock, wana)
- Bring a cell phone, do no use while supervising children
- Bright or neon colored swimsuit, rashguards & boardshorts.. Avoid blues/greens/teals they camoflage with the water

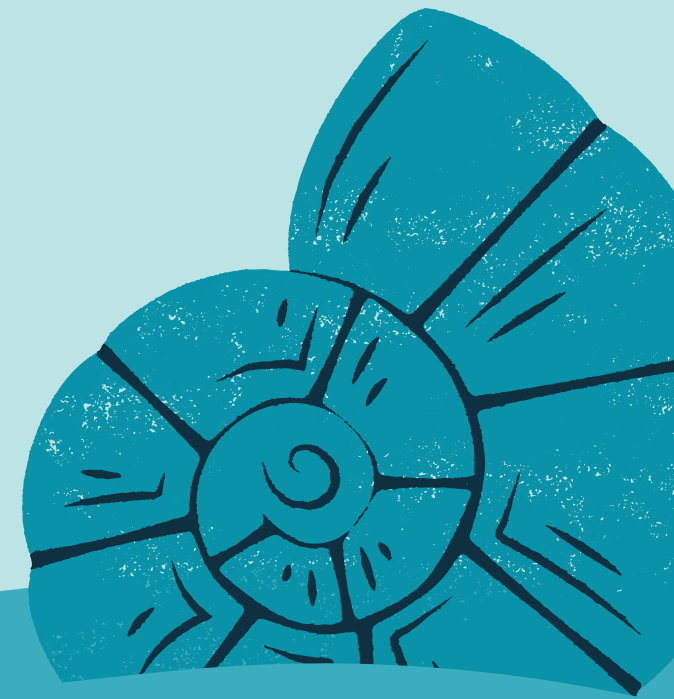


BEACH & OCEAN SAFETY



- Use only water equipment from a licensed vendor
- Be aware of ocean's activity and your surroundings
- If in trouble, stay calm, wave arms & yell to signal a lifeguard
- Rip currents: pull you out and parallel to the shoreline, do not fight the current, swim parallel to the shoreline with the current, allow it to bring you out of the rip or the crashing waves that will then push you into the shoreline
- When in doubt, don't go out!
- Throw, don't go!

Additional Resources at: www.oceansafety.hawaii.gov



BOAT, DOCK & FISHING SAFETY

- Ocean or open water can be fast-moving, therefore effective supervision of your child anytime he/she is around the water is especially critical
- Bring a cell phone
- Wear USCG approved lifejacket on docks, boats or when not planning on being in the water
- Have a life ring and throw rope on your boat & dock
- Account for everyone who should be on the boat **BEFORE** you start the engine



BOAT, DOCK & FISHING SAFETY

- Do not allow small children to ride in the front of the boat while the boat is moving, uncontrollable wake can propel a child from the boat
- When towing children or adults in pairs, use the rule when one falls, everyone falls
- Paint or tape a brightly colored "do not cross" line on that dock at least 2-3 feet from the edge of the dock, and teach your child that they should never cross that line without a parent
- Never ignore a dog barking on a dock
- Keep old fishing lines, unused ropes and other discarded items free from under the dock. Getting tangled in these is like trying to swim through a drift net



SURFING, BODYBOARDING, BODYSURFING

SAFETY

- Know before you go! Do your research on the beach that you are going to and make sure it is suitable for your skill level.
- Check local forecast/weather conditions
- Make sure it is a beach guarded beach with a lifeguard tower
- Check beach signs: dangerous shorebreak, strong current, portuguese man o'war, box jelly,, etc.
- When in doubt don't go out!
- Have a responsible & capable adult with you at all times
- Wear a leash: ankle, bicep, wrist or calf
- Get proper lessons for surfing, bodyboarding and/or bodysurfing
- Use surf etiquette



AT HOME SAFETY

- Bath Time: Gather all essentials, phone, towel, clothes beforehand. If you forget something, take your child out of the tub and with you to get it. Never leave a young child unsupervised in the bath tub. Check water temperature prior to your child getting in. Baby bath seats are not a substitute for supervision. A bath seat is a bathing aid, not a safety device
- Watch your child from the moment they get in the tub until the moment they get out and dry off
- Bring a cell phone for emergency calls only
- Don't leave a baby or toddler in a bathtub under the care of another young child
- Place "no slip" strips or a slip resistant mat on the bottom of the tub
- Once your child is finished bathing,, immediately drain the tub



AT HOME SAFETY

- Toilets can pose a drowning risk for even a skilled child. Keep toilet lids down and use child proof lid locks
- Doggie doors can lead to unauthorized access to water
- Buckets: indoors and outdoors, keep all buckets empty and flipped upside down. An empty bucket outside can fill up with rain water and children can drown in as little as 2 inches of water.



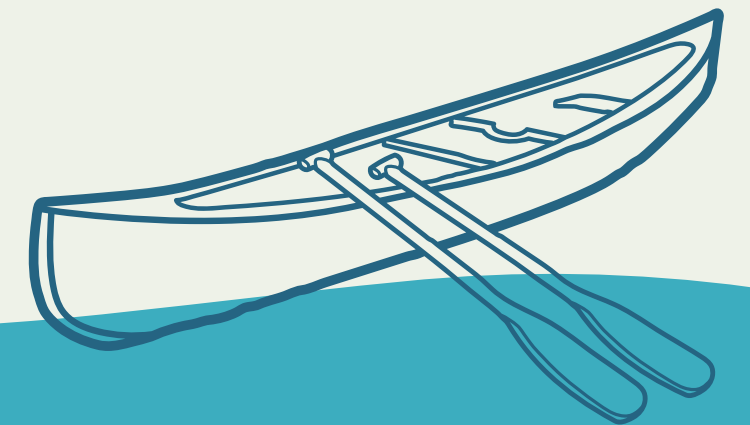


OPEN THE DOOR TO FUTURE AQUATIC OPPORTUNITIES



WATER SAFETY BEGINS WITH WATER COMPETENCE! YOUR #1 PRIORITY SHOULD ALWAYS BE TO ENSURE YOUR CHILD IS WATER SAFE FIRST, THEN OPEN UP THE DOOR FOR FUTURE AQUATIC OPPORTUNITIES!

- Swimming
- Snorkling
- Surfing/Bodyboarding/Bodysurfing
- Stand up Surfing/Paddling
- Kayaking
- Canoe Paddling
- Fishing
- Diving
- Swim Team
- Water Polo
- Sailing



WATER SPORTS, LEISURE, RECREATIONAL & FUN!





WATER SAFETY HAWAII

"At Water Safety Hawaii, our mission is to educate the community on drowning prevention and water safety. We are dedicated to providing high quality survival-based swim lessons to all families, including those facing financial hardship. Our primary goal is to ensure that every keiki in Hawaii has access to these essential lessons. Through our efforts, we are committed to significantly reducing keiki drowning statistics. We aim to foster a safer and more inclusive environment for all of Hawaii's keiki, while also opening the door to future aquatic opportunities."

- ✓ *EDUCATE COMMUNITY ON WATER SAFETY*
- ✓ *PROVIDE SURVIVAL BASED SWIM LESSONS*
- ✓ *OPEN THE DOOR TO FUTURE AQUATIC OPORTUNITIES*



OUR WATER SAFETY OHANA



- *HAWAII WATER SAFETY COALITION (HWSC)*
- *KEIKI INJURY PREVENTION COALITION (KIPC)*
- *HAWAII DEPARTMENT OF HEALTH*
- *DUKE KAHANAMOKU FOUNDATION*
- *OCEAN SAFETY OHANA*
- *HAWAIIAN LIFEGUARD ASSOCIATION*
- *NA KAMA KAI*
- *SWIM LESSONS HAWAII*

ADDITIONAL WATER SAFETY RESOURCES

- *NATIONAL DROWNING PREVENTION ALLIANCE (NDPA)*
- *AUTISM SOCIETY OF FLORIDA*
- *CENTER FOR DISEASE CONTROL (CDC)*
- *WORLD HEALTH ORGANIZATION*
- *AMERICAN RED CROSS*
- *HI OCEAN SAFETY*
- *THE ZAC FOUNDATION*
- *PARENTS PREVENT CHILDHOOD DROWNING*
- *WATER SMART TOTS*
- *LIVE LIKE JAKE*
- *JUDAH BROWN PROJECT*
- *NO MORE UNDER*