

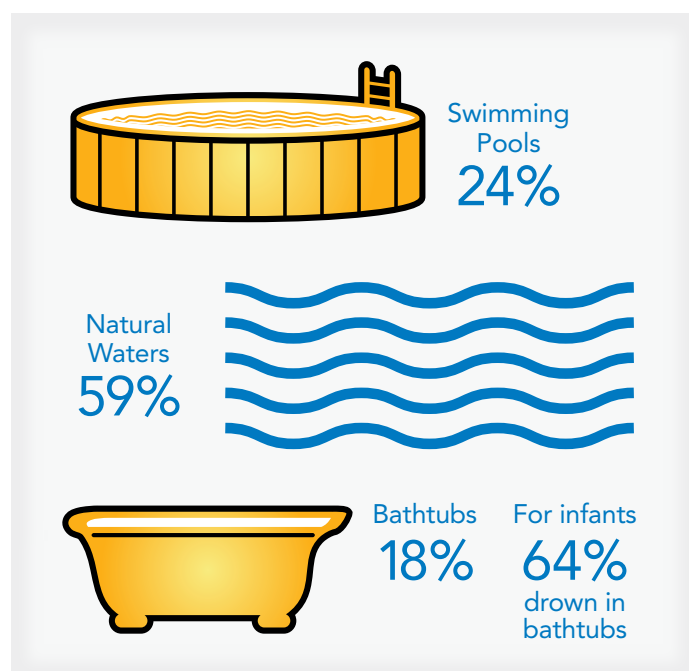
DROWNING PREVENTION



Did you know...?

- Drowning is the 2nd leading cause of death in BC for toddlers 1-4 years old and near-drowning is the leading cause of hospitalization
- 50% of children who drown are alone and unsupervised
- For each toddler who dies from drowning, there are 6 to 10 near-drowning cases that require hospitalization
- Among the survivors of near-drowning, 20% sustain permanent brain damage
- In BC, 59% of drowning deaths to children and youth occur in natural waters during swimming or water transport-related activities such as boating and jet skiing
- Each year in BC there are over 43 deaths from drowning and 285 hospitalizations for near-drowning across all ages

Where do drownings occur?



Prevention Tips - At Home

- Supervise your child at all times. A small child can drown in as little as 1 inch of water in just a few seconds
- If your young children are unable to swim, ensure they are wearing protective gear such as an approved flotation device
- Build a fence (4 sided, 4 ft tall) to surround all pools, including inflatable pools, with a self-closing, self-latching gate. Pool fencing can prevent 7 out of 10 drownings among children
- Ensure you have emergency equipment including a first aid kit and a phone in the immediate pool area



Prevention Tips- During Recreation

- Make sure children are well supervised by adults at all times in and around water. Be your child's lifeguard!
- Enroll your children and yourself in swimming lessons
- Ensure everyone is wearing an approved personal flotation device or lifejacket on a boat, on the beach, or at the lake
- Learn CPR and/or lifesaving techniques
- Be cautious about swimming in currents, and know what to do if you get into trouble
- Alcohol should not be consumed before or during swimming or boating activities
- When hiking be mindful of staying on the trails and avoid fast-flowing rivers

Tragic cases seen at BC Children's Hospital

- A one year old baby was left unattended in the bath. When mom returned, the baby was submerged in the tub
- A 2 year old was found face down in an inflatable pool where she nearly drowned
- A 6 year old was found unconscious at the bottom of a pool at a birthday party. She was just learning how to swim
- An 8 year old was found with her head stuck in a 20 foot water wheel where she was dragged under water and trapped for 10 minutes
- An 11 year old was playing the breath holding game in a lake under the dock. She was found floating face-down and almost died



Useful Resources

- **BC Injury Research & Prevention Unit** (www.injuryresearch.bc.ca)
- **Safe Start** (www.bcchildrens.ca/safestart)
- **Canadian Red Cross** (www.redcross.ca)
- **Mustang Survival** (www.mustangsurvival.com)
- **Safe Kids Canada** (www.safekidscanada.ca)
- **Boatsmart! Canada** (www.boatsmartexam.com)
- **BC Hydro** (www.bchydro.com)
- **Lifesaving Society BC** (www.lifesaving.bc.ca)