

A Strategy for Open Water Drowning Prevention-Making a Difference at a State and Local Level

June 21, 2013

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The Drowning Problem



Leading risk factors

- Age: young child, teen, young adult
- Gender: males
- Nonwhite/ethnic minority
- Alcohol use
- Young children- in or near water; Teens- swimming in lakes and rivers;
- Boating: No life jacket use; no life jacket use by adult in boat
- No lifeguards or lapse in adult supervision
- Unable to swim

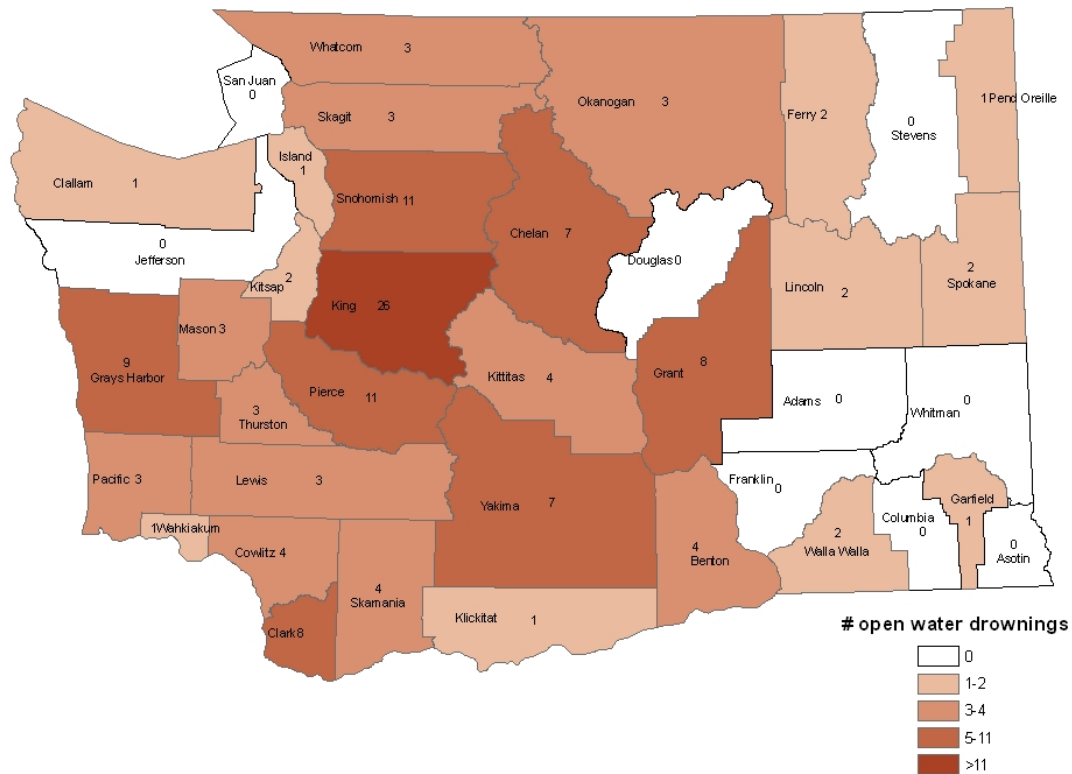
Activity at time of drowning

- Swimming 35%
- Playing near water 23%
- Playing in water 19%
- Boating 7%
- On raft or inner tube 7%
- Unknown/Other 8%

Source: WA State Child Death Review

Child and Teen Drowning Deaths by County

Open Water Drowning Deaths, Ages 0-19, by County of Injury 1999-2007 (includes non-residents)



The Spectrum of Prevention

Influencing Policy and Legislation

Changing Organizational Priorities

Fostering Coalitions and Networks

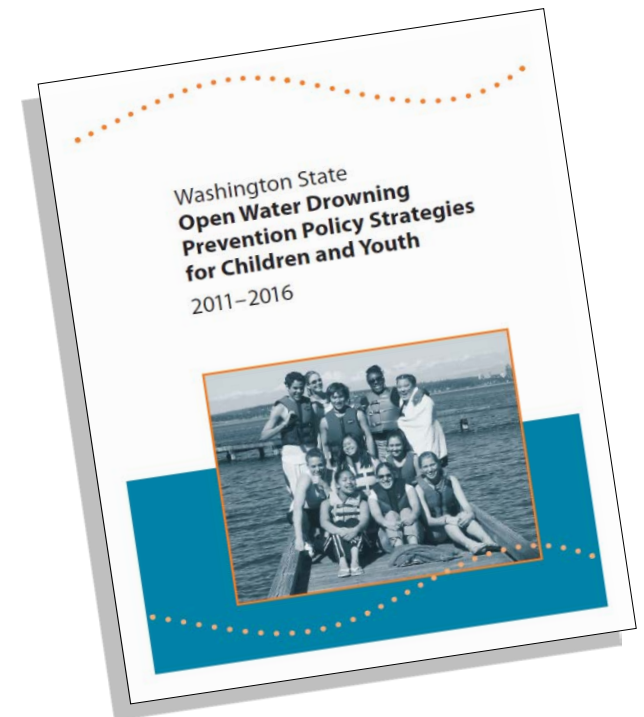
Educating Providers

Promoting Community Education

Strengthening Individual Knowledge & Skills

Open Water Drowning Prevention Policy Guide

- **Short and long-term state and local policy strategies.**
- **Based on data, best practices, and expert recommendations.**
- **Focuses on seven action areas:**
 - Safer water recreation sites
 - Life jackets
 - Boating under the influence and enforcement
 - Surveillance
 - Swimming skills and water safety education
 - Physical open water barriers (fencing)
 - Partnerships



Life Jackets

- Improve child life jacket law-consider all ages law for paddle boats.
- Increase life jacket loaner programs and standard signage.
- Promote life jacket use at parks and beaches

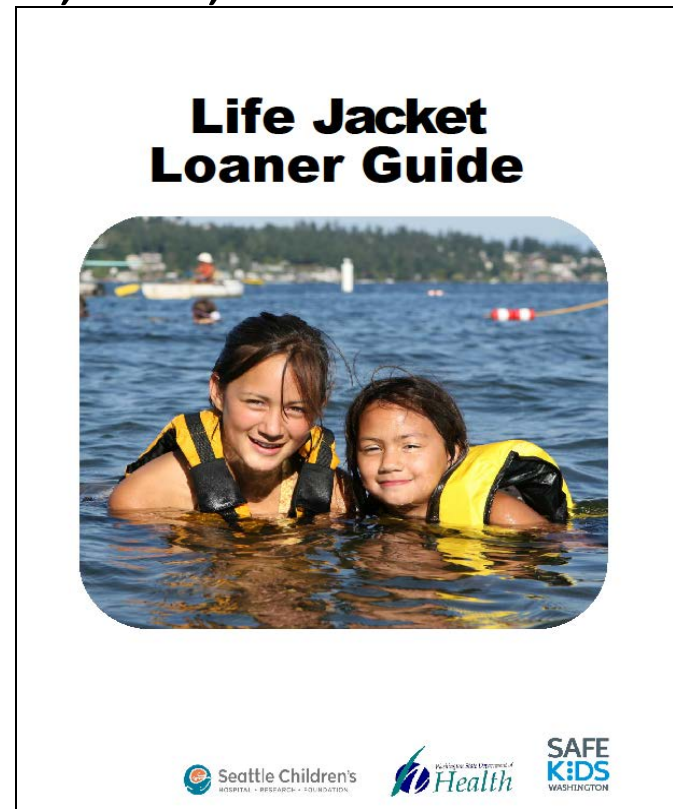


When adults wear, children and teens wear



Life Jacket Loan Programs - Statewide

- Sponsored by Safe Kids Coalitions, parks departments, marine law enforcement, PUDs, Army Corps of Engineers, fire stations, etc., located at swimming and boating areas.
- Promote the loaner programs in your area and start new ones



Borrow a Life Jacket

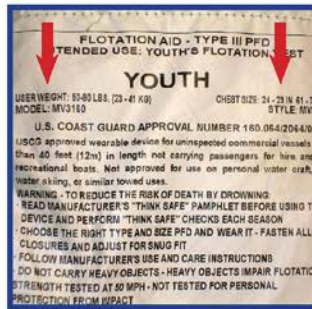
Toma prestado un chaleco salvavidas



1

Borrow a life jacket.

Toma prestado un chaleco salvavidas.



2

**Check the label –
Choose the right size.**

**Comprueba la etiqueta –
Elije el tamaño correcto.**



3

**Fasten all buckles,
zippers and straps.**

**Abrocha todas las
hebillas, cierres y
correas.**



4

**Make sure it fits
correctly. It should be
snug, but not tight.**

**Asegúrate de que te
quede correctamente.
Debe quedarte ajustado
pero no apretado.**



5

**Wear it here.
Leave it here.**

**Úsalo aquí.
Déjalo aquí.**

Supported By:

In Partnership With:

Washington State
Drowning Prevention
Network



**Provide adult supervision at all times
Borrow and use life jacket at your own risk**

**Proporcionar supervisión adulta en todo momento
Toma prestado y usa chaleco salvavidas bajo tu propio riesgo**

**Life Jackets Save Lives
Los chalecos salvavidas
salvan vidas**

Washington State Life Jacket Loaner Program Locations

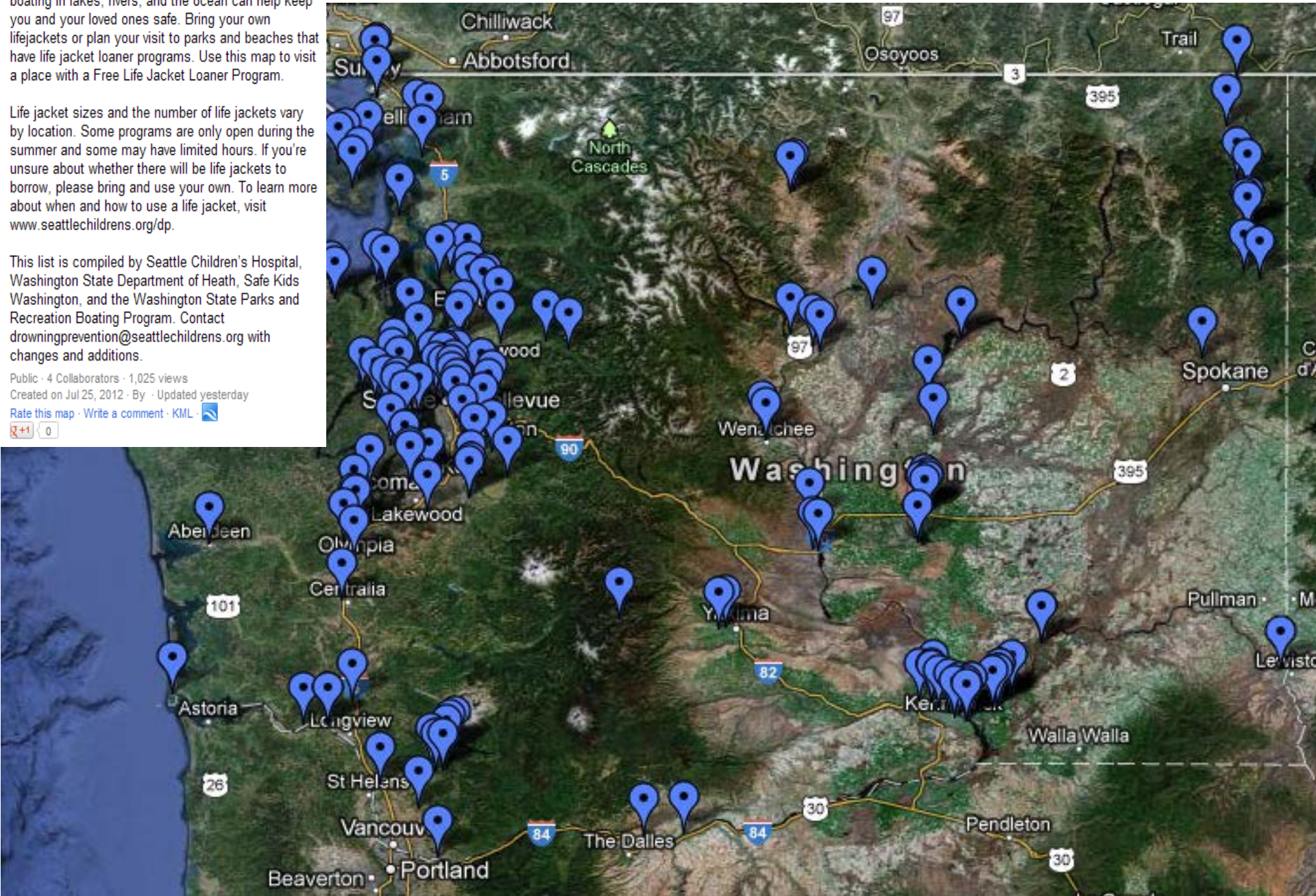
Wearing life jackets when playing, swimming, or boating in lakes, rivers, and the ocean can help keep you and your loved ones safe. Bring your own lifejackets or plan your visit to parks and beaches that have life jacket loaner programs. Use this map to visit a place with a Free Life Jacket Loaner Program.

Life jacket sizes and the number of life jackets vary by location. Some programs are only open during the summer and some may have limited hours. If you're unsure about whether there will be life jackets to borrow, please bring and use your own. To learn more about when and how to use a life jacket, visit www.seattlechildrens.org/dp.

This list is compiled by Seattle Children's Hospital, Washington State Department of Health, Safe Kids Washington, and the Washington State Parks and Recreation Boating Program. Contact drowningprevention@seattlechildrens.org with changes and additions.

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Google Maps Page



Loaner programs - Safe Kids Snohomish County

10 loaner sites



Adding cabinets and loaner boards to high use areas, both swim and boating. Life Jackets can also be checked out for longer period of time at 5 designated fire stations.

Swimming Skills and Water Safety Education

Increase access to swimming and water safety education, especially among low-income and culturally diverse children, youth, and families.



Women-Only Swims and Lessons



[SCHEDULE AND COST ON THE BACK →](#)

WOMEN ONLY SWIMS AND LESSONS

Seattle and King County

Lessons and Open/Lap Swim

Southwest Pool (West Seattle) - Ages 12 and older

Meadowbrook Pool (North Seattle) - Ages 12 and older

Medgar Evers Pool (Central District) - Ages 6 and older

Evergreen Pool (White Center/Burien) - Ages 3 and older

Open Swim only

YMCA West Seattle - Ages 14 and older

YMCA Matt Griffin (Seatac) - All ages and boys age 7 and younger

Kent Meridian Pool (Kent) - All ages and boys age 6 and younger



For more information call Neighborhood House
Trang 206.407.4725 or Ayaan 206.229.5547

[Locations, hours and cost in the back side](#)

SPANISH

NATACION PARA
MUJERES Y NIÑAS
Seattle y King County
Sabados y Domingos
Precios bajos
Informes en español

VIETNAMESE

NATACION PARA
MUJERES Y NIÑAS
Seattle y King County
Sabados y Domingos
Precios bajos
For information in
Vietnamese
Trang 206-407-4725

SOMALI

NATACION PARA
MUJERES Y NIÑAS
Seattle y King County
Sabados y Domingos
Precios bajos
Informes en español
Jan 206-585-6900 ext 612

April Pools Day



Education tailored for the environment



Swimming Skills and Water Safety Education-Safe Kids Snohomish

Events & Fairs:

- Hand on Activity-- Fishing Pond
- School Presentations
- Risk Watch
- Parenting classes & resource groups



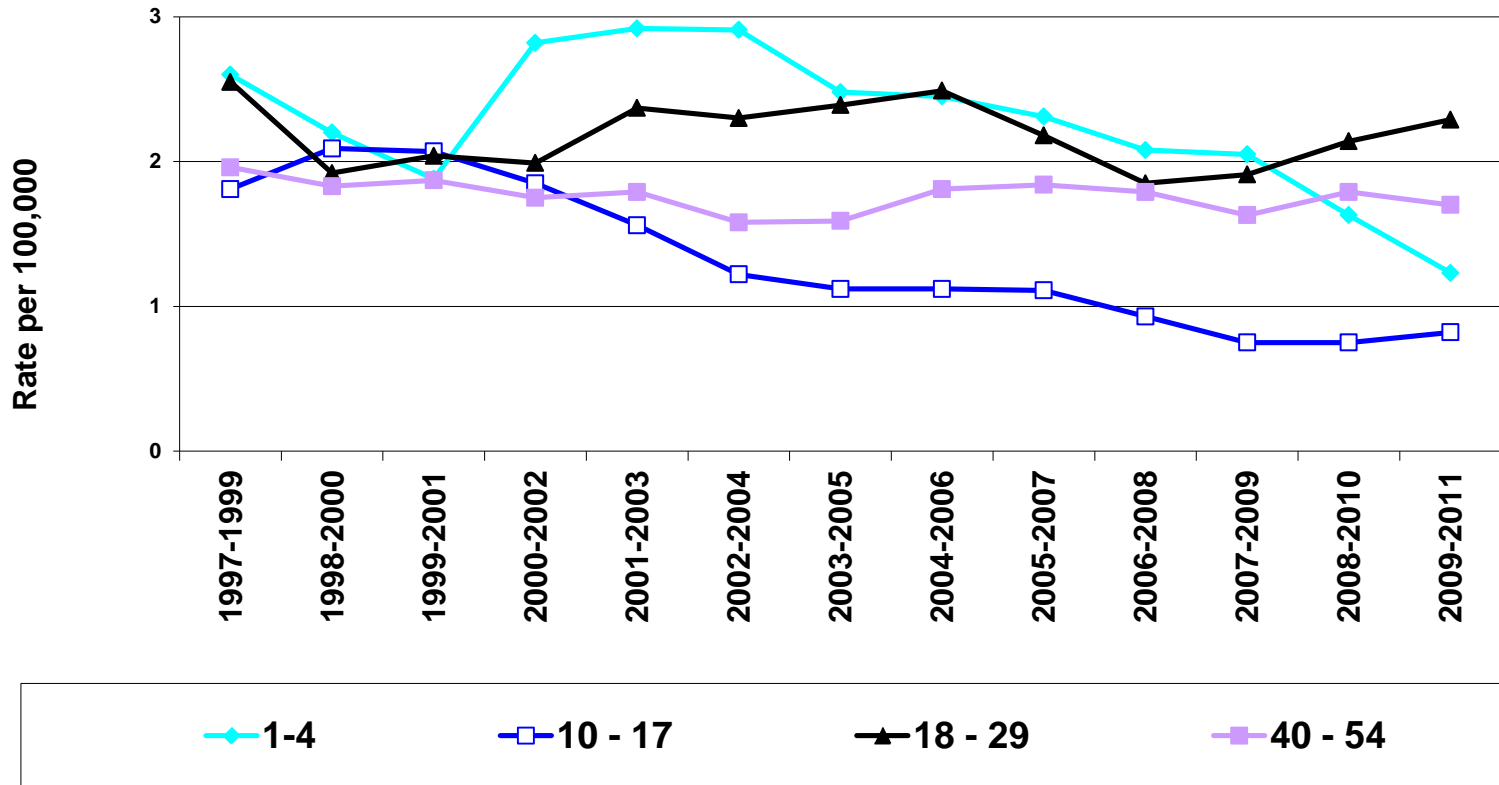
Start Safe- Safe Kids Worldwide

- Preschool, Head Start & Early Learning Programs

Think Long Term

Unintentional Drowning Rates by Age

WA 1997 - 2011, Age 1 - 29, 40-54



Tools and Information You Can Use

www.seattlechildrens.org/dp

- Safer Site Checklist
- Life Jacket Loaner Program List and Map
- Boating Under the Influence Policy Brief
- Everyone Swims Toolkit
- Washington State Drowning Prevention Network and Website
- Washington State open water drowning prevention policy guide
- Handouts for parents

And more!

Contact us



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Additional Information

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Washington State
**Open Water Drowning Prevention:
Policy Strategies for Children and Youth**
2011–2016



Drowning is one of the leading causes of unintentional death among children and youth. In Washington State, drowning is the second leading cause of unintentional injury death among ages 1–17. In our state, drowning deaths usually occur in open water, such as lakes, rivers, streams, ponds, Puget Sound, and the Pacific Ocean.

Open water drownings are preventable. In a review of unintentional child and youth drownings between 1999–2003, the Washington State Child Death Review (CDR) determined that 85 percent of those drownings were preventable. Interventions, such as life jacket use and lifeguards, could have prevented those deaths.

Everyone can help prevent child and youth drownings and improve open water recreation safety. Together, communities, organizations, cities, counties, and Washington State can promote, develop, implement, and evaluate organizational, regulatory, and legislative policies to improve open water safety for Washington State’s children, youth, and families.

The Washington State Open Water Drowning Prevention: Policy Strategies for Children and Youth 2011–2016 identifies seven priority areas for policy, system, and environmental change:

- Safer Water Recreation Sites
- Life Jackets
- Boating Under the Influence and Open Water Enforcement
- Surveillance
- Swimming Skills and Water Safety Education
- Physical Open Water Barriers
- Partnerships

For each priority area, the Washington State Child and Youth Open Water Drowning Prevention Policy Task Force, together with the Washington State Drowning Prevention Network and local and national resource representatives, identified short- and long-term strategies. These strategies provide communities, organizations, cities, counties, and Washington State with specific ways to prevent open water drownings and to improve open water safety and water recreation opportunities in Washington State.

For more information and resources, please visit the Drowning Prevention Policy page:
<http://www.seattlechildrens.org/dp/>



Safer Water Recreation Sites

Children and youth deserve safer places to play, swim, and enjoy other activities in Washington State's open waters.

2011 – 2012

STRATEGIES:

- Identify existing water recreation safety standards for bathing beaches, swim areas, and other high use water recreation areas to address issues such as drop-offs, lifeguard coverage, water risks, and rescue equipment availability
- Research and compile recommended best practices for water safety signs and symbols

MEASURES OF SUCCESS:

- Site standards identified and shared with water recreation organizations
- Identified and agreed upon signage recommendations
- Lifeguard training standards developed and shared with water recreation organizations

Policy Change in Action

Through policy advocacy, the King County Child Death Review (CDR) Team helped prevent youth drowning in the Lake Washington Ship Canal. On behalf of the CDR Team, the Public Health Seattle & King County Director sent a letter to the Mayor, City Council, and Police Chief supporting and encouraging the prohibition of swimming in the Lake Washington Ship Canal. With the CDR Team's support, the Seattle Harbor Code prohibited swimming in the Lake Washington Ship Canal. Since the revision of the Harbor Code, there have not been any youth drownings in the Lake Washington Ship Canal.

2013 – 2016

STRATEGIES:

- Develop and pass safer water recreation site standards for Washington State bathing beaches and swim areas
- Develop and implement standards for open water safety signs and symbols
- Promote open water safety rescue and training standards for group supervision settings (e.g., licensed child care providers and summer camp leaders)
- Promote access to lifeguarded beaches during summer recreational months

MEASURES OF SUCCESS:

- Site standards developed, shared, and passed
- Signage standards developed and shared with water recreation organizations
- Healthy Youth Survey results indicate increased use of designated and/or lifeguarded swim areas for youth
- Training standards available for group supervision settings
- Availability of lifeguarded beaches in the summer months



Life Jackets

Life jackets protect everyone in, on, and around open water.

2011 – 2012

STRATEGIES:

- Improve Washington State child life jacket law to require children age 17 and under to wear life jackets on boats
- Increase number of life jacket loaner programs at sites used by swimmers and boaters
- Promote life jacket use at city, county, and state parks
- Develop and promote standard signage for life jacket loaner programs

MEASURES OF SUCCESS:

- Improved child life jacket law proposed
- Increased number of life jacket loaner programs
- Increased access to life jackets and information at public parks with water access
- Increased consistency in life jacket loaner program signage across the state

2013 – 2016

STRATEGIES:

- Improved child life jacket law bill is heard by the legislature
- Implement policies at the local level allowing life jackets in pools and at bathing beaches
- Develop and implement policies requiring mandatory life jacket use when on high risk/high use waterways

MEASURES OF SUCCESS:

- Increased use of life jackets
- Improved child life jacket law implemented
- Increased number of local level policies requiring life jackets
- Increased access to life jackets at public pools and bathing beaches

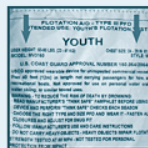
Policy Change in Action

In July 2010, the Associated Press issued a release highlighting the enforcement of an all ages life jacket requirement on the Spokane River. According to the Associated Press, the Spokane County Sheriff's Office Marine Patrol Unit wrote over 45 tickets for life jacket violations on one day. Deputies also reminded people that everyone, including people in inner tubes, must wear a life jacket. Only swimmers are exempt from the life jacket requirement.

Borrow a Life Jacket Toma prestado un chaleco salvavidas



1
Borrow a life jacket.
Toma prestado un chaleco salvavidas.



2
Check the label – Choose the right size.
Comprueba la etiqueta – Elige el tamaño correcto.



3
Fasten all buckles, zippers and straps.
Abrocha todas las hebillas, cierres y correas.



4
Make sure it fits correctly. It should be snug, but not tight.
Asegúrate de que te quede correctamente. Debe quedarte ajustado pero no apretado.



5
Wear it here. Leave it here.
Usalo aquí. Déjalo aquí.

Supported By:

In Partnership With:
Washington State Drowning Prevention Network



Provide adult supervision at all times
Borrow and use life jacket at your own risk
Proporcionar supervisión adulta en todo momento
Toma prestado y usa chaleco salvavidas bajo tu propio riesgo

Life Jackets Save Lives
Los chalecos salvavidas salvan vidas

Boating Under the Influence and Open Water Enforcement

Open water safety, like road safety, is a priority for Washington State.

2011 – 2012

STRATEGIES:

- Strengthen Washington State’s boating under the influence (BUI) law, including implied consent and increased penalties

MEASURES OF SUCCESS:

- Improved BUI law passed and communicated to marine law enforcement and the boating public
- High visibility enforcement
- Number of citations issued

2013 – 2016

STRATEGIES:

- Promote water and boating safety training at both local and state level for marine patrol and state park rangers
- Improve marine patrol staffing, supported by boater registration fees

MEASURES OF SUCCESS:

- Open water safety training occurs for both marine patrol and state park rangers
- Changes in boater registration fees

Policy Change in Action

The Washington Alliance for Mandatory Boater Education (WAMBE), a group comprised of representatives from the boating industry, recreation boating groups, government, law enforcement, and marine safety groups, formed in 2002 with the sole purpose of developing and passing a bill for mandatory boater education in Washington. Governor Gregoire signed the bill into law in May 2005.



Surveillance

We can learn from fatal and non-fatal drowning among children and youth to prevent future tragedies.

2011 – 2012

STRATEGIES:

- Add questions on swimming ability and use of designated/lifeguarded swim areas to the Healthy Youth Survey
- Identify all available data sources and content on child and youth open water drowning
- Conduct life jacket observations of recreational boaters and develop plan to repeat every three years

MEASURES OF SUCCESS:

- Questions added to Healthy Youth Survey
- Data sources and information compiled
- Life jacket observations conducted

Policy Change in Action

The drowning prevention report, done by the Washington State Office of Financial Management in 2002, recommends the State Parks and Recreation risk management position reports at the executive headquarter level. The parks risk manager addresses all agency functions, including incident data collection and analysis, loss prevention analysis and training, and intra/inter-agency liaison work around drowning prevention and other risk areas.

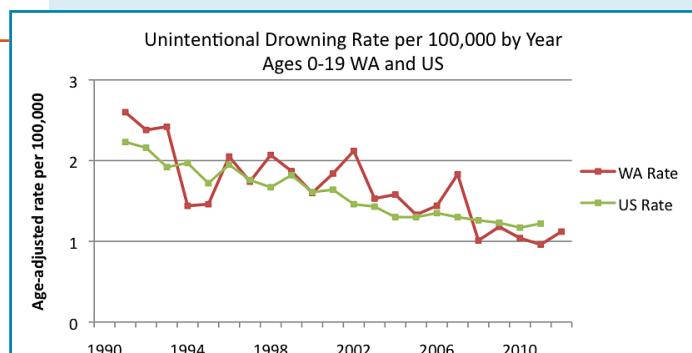
2013 – 2016

STRATEGIES:

- Develop and implement standards for drowning death data collection including:
 - standardized drowning death investigation procedures
 - criteria to determine when an autopsy is needed
 - blood alcohol levels on death certificates
 - toxicology screens of children 10 years and older
- Support the continuation of local and state Washington Child Death Review (CDR) to review drowning deaths and identify risk factors
- Develop a comprehensive database to track all fatal and non-fatal drownings
- Require reporting of fatal and non-fatal drownings that occur in state, county, and city parks

MEASURES OF SUCCESS:

- Drowning death data collection standards used by marine patrol, coroners, and medical examiners
- CDR teams review drowning deaths
- Existence of drowning database
- Reporting of drownings that occur in public parks



Swimming Skills and Water Safety Education

All children, youth, and families can access swim lessons and water safety education to safely enjoy water recreation activities in Washington State.

2011 – 2012

STRATEGIES:

- Increase access to swimming, especially among low-income and culturally diverse children, youth, and families

MEASURES OF SUCCESS:

- Policy changes implemented to increase access to swimming

Policy Change in Action

Everyone Swims is a partnership of over 30 pools, aquatic recreation organizations, and community health clinics in Seattle and King County. They are working together to develop and implement policies and systems that will increase access to swimming and water recreation opportunities in underserved populations. *Everyone Swims* focuses on improving scholarship eligibility policies and systems, changing policies and practices in community clinics to include screening for swimming ability in children, and developing a system to address barriers to swimming and water recreation.

2013 – 2016

STRATEGIES:

- Promote swimming skill competency and water safety education requirements for all youth in school

MEASURES OF SUCCESS:

- Number of school districts that offer swimming skills and/or water safety education
- Document number of public swim lesson programs with low cost or no cost options



Physical Open Water Barriers

Physical open water barriers protect Washington State’s children and youth.

2011 – 2012

STRATEGIES:

No strategies identified for 2011–2012

Policy Change in Action

In 2007, the Washington State Building Code Council (WSBCC) moved the optional private pool and spa barrier provisions of the 2006 International Residential Code from the appendix to the body of the Code, which made private pool and spa barriers a statewide requirement for new construction. As a staff person from the WSBCC described, the change, “was a monumental move...in fact it passed unanimously.” While the change took a significant amount of time, the Code revision was a major public health triumph for the children of Washington State.

2013 – 2016

STRATEGIES:

- Identify and promote standards for fencing around irrigation ditches and private ponds

MEASURES OF SUCCESS:

- Standards developed and shared



Partnerships

Open water safety is everyone's responsibility.

2011 – 2012

STRATEGIES:

- Build partnerships with organizations, associations, and coalitions involved in water safety and water recreation
- Create opportunities for networking and collaboration on drowning prevention, water safety, and water recreation
- Identify policy priorities for the Washington State Drowning Prevention Network
- Build partnerships around open water drowning prevention policy with organizations, including: American Red Cross, Boards of Health – state and county, Child Death Review Teams, city and county jurisdictions, Emergency Medical Services and fire agencies, families, Harborview Injury Prevention and Research Center, Injury Prevention and Public Education Technical Advisory Committee, Inland Northwest Drowning Prevention Coalition, insurance companies, local health jurisdictions, Parent Teacher Associations, pools, Recreational Boating Association of Washington, Safe Kids Coalitions, Seattle King County Drowning Prevention Coalition, Target Zero Traffic Safety Managers, U.S. Coast Guard Auxiliary, U.S. Power Squadrons, Washington Association of Coroners and Medical Examiners, Washington Association of Sheriffs and Police Chiefs, Washington Boating Alliance, Washington Chapter American Academy of Pediatrics, Washington Recreation and Parks Association – Aquatics Section, Washington State Association of Cities, Washington State Association of Counties, Washington State Drowning Prevention Network, Washington State Hospital Association, Washington State Parks and Recreation Commission's Boating Safety Advisory Council, YMCA.

2013 – 2016

STRATEGIES:

- Develop, propose, and pass a state statute that requires agency accountability for drowning prevention and water safety
- Establish dedicated funding that includes drowning prevention at the state level



Resources and Other Washington State Drowning Prevention Priorities

Prevention Strategy References

Washington State Drowning Prevention Network and Policy Resources

www.seattlechildrens.org/dp/

Washington State Injury and Violence Prevention Guide. Department of Health, January 2013

www.doh.wa.gov/Portals/1/Documents/2900/InjuryReportFinal.pdf

Washington State Childhood Injury Report, November 2004

www.childdeathreview.org/reports/WashingtonStateChildhoodInjuryReport.pdf

Child Death Review State Committee Recommendations on Child Drowning Prevention, 2004

www.childdeathreview.org/reports/WADrowning.pdf

EuroSafe European Association for Injury Prevention and Safety Promotion

www.eurosafe.eu.com/csi/eurosafe2006.nsf/wwwVwContent/l2europeanchildsafetyalliance.htm

Policy Framework References

A User's Guide to Advocacy Evaluation Planning. Harvard Family Research Project, 2009

Available at: www.hfrp.org

Building Capacity for Public Policy Tool Kit. National Council of Nonprofit Associations State Policy Action Resource Center, Fall 2004. Available at: www.ncna.org

Injury and Violence Prevention Behavior Change Theories, Methods and Applications. A Gielen, DA Sleet, R DiClemente (Eds.) San Francisco, CA: Jossey-Bass. 2006.

Washington State Child and Youth Open Water Drowning Prevention Policy Task Force

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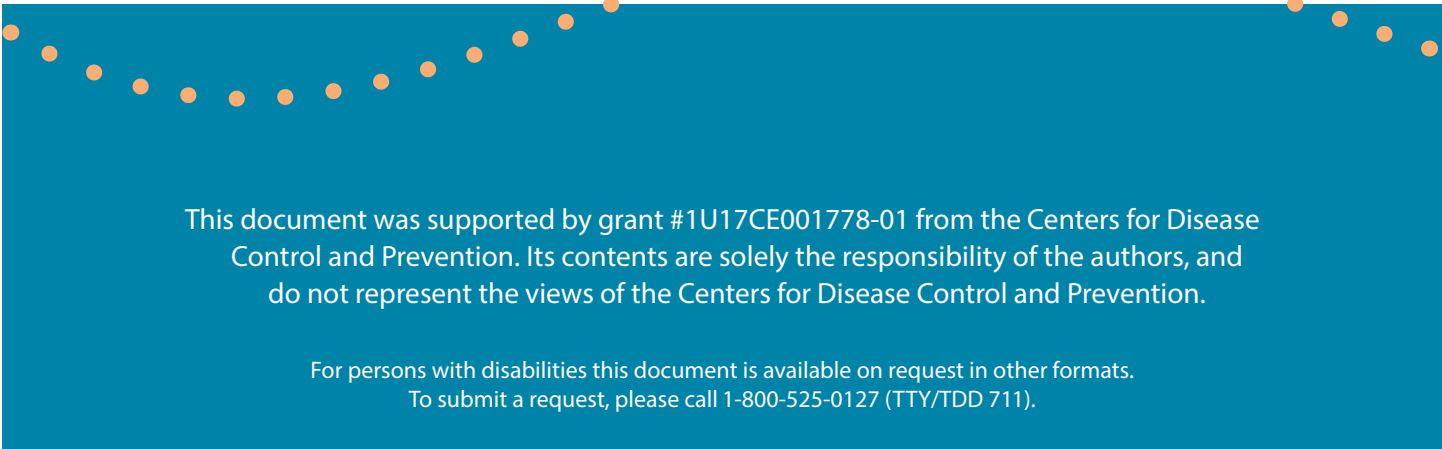
For more information, visit the Drowning Prevention Policy page at
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Seattle Children's
HOSPITAL · RESEARCH · FOUNDATION



Washington State Department of
Health
DOH 971-010 June 2013



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For persons with disabilities this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TTY/TDD 711).

Life jackets: Get information and a coupon!

Why should people of all ages wear life jackets?

Drowning is swift, occurring in as little as 30 seconds, and silent. In 2010, there were 108 drownings in Washington state (40 among 45-64 year olds). Safety is for everyone - and drownings are preventable!

When buying a life jacket check for:

- Coast Guard approval label.
- A snug fit. With the life jacket on, raise your arms over your head. Look to the left and right; the chest part of the jacket shouldn't hit the chin.
- Head support for younger children. A well designed life jacket will support the child's head when the child is in the water.
- A strap between the legs for younger children will help prevent the life jacket from coming off.
- Appropriate type of activity and water conditions. There are five different types of life jackets. Check the label or ask the salesperson to describe to you the different types and their purposes.
- Comfort and appearance. This is especially important to teens who may be less likely to want to wear a life jacket.

Guidelines for wearing life jackets.

Even if you or your child knows how to swim, children, teens and adults should always wear a life jacket:

- When on a boat, raft or inner tube
- When swimming in open water like a lake, river or the ocean
- When playing in or near the water and on docks (for young children)
- When participating in water activities such as skiing, surfing, wind surfing, jet-skiing, etc.

How do you use a life jacket?

- Every spring, check the life jacket for fit as well as wear and tear. Throw it away if you find air leakage, mildew, rot, or rust.
- Practice wearing your life jacket in the water. Each type of jacket provides flotation in slightly different positions. Make sure your jacket works for you as designed.
- Never substitute toys, such as water wings, or plastic rings, for a life jacket.



For more coupons or water safety information visit:
www.srhd.org/topics/drowning.asp



BIG 5
SPORTING GOODS

& the Washington State Drowning Prevention Network

25% OFF
the Regular Price
of any Life Jacket
in Stock

Offer good: April 1, 2013
through September 30, 2013

Good at all Washington and North Idaho Big 5 Sporting Goods for one-time purchase only. Excludes bulk orders, Jansport and Super Value Priced Items. Limit one coupon per customer. Cannot be applied to other coupons or prior purchases. Not redeemable for cash or cash equivalent and must be surrendered at time of purchase. Discounts on multi-item purchases will be apportioned to each item on a pro rata basis. Go to www.big5sportinggoods.com for the location nearest you.





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Offer good: April 1, 2013
through September 30, 2013

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