

Drowning is...

A LEADING CAUSE OF INJURY-RELATED DEATH IN YOUTH

For more info, visit:
hiprc.org/drowning-prevention



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Wear a Life Jacket



Do not rely on air-filled or foam toys – *these are not safety devices.*

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Swim with a Buddy

Even **strong swimmers** can be in danger when something unexpected happens.

The “**Buddy System**” can keep all swimmers safe—and is especially important for those at higher risk for drowning, including those with medical conditions.



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Pool Safety



**Install a fence & gate
to fully enclose your pool
(self-closing & self-latching)**

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Supervise Closely

Designate a responsible adult

to supervise each child closely and constantly when in or near water (including bath time).

**** AVOID DISTRACTIONS ****



Consuming
alcohol or drugs



Using a
device



Reading
a book



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Boating Safety



**Whether you cruise, sail, kayak,
fish or paddleboard, you are
responsible to know the laws
& basics of boating safety.**

For more info, visit:

hiprc.org/drowning-prevention

Resources

#PREVENTDROWNING

Become a lifeguard

Buy or borrow a life jacket

Learn Chain of Drowning Survival

Practice open water swim safety

Recreate Responsibly

and more >>

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Open Water Safety



**SWIM AT
OWN RISK**

Conditions can change in a
matter of seconds!

BE PREPARED.

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