



LIFESAVING SOCIETY®  
SOCIÉTÉ DE SAUVETAGE

*The Lifeguarding Experts*  
*Les experts en surveillance aquatique*

## 2022 Seasonal Drowning Prevention Messages

Topic	Message
<b>NDPW</b>	<p><b>Messages are not specific to a month. Branches can select messages depending on regional needs as conditions/seasons vary across the country.</b></p> <p>Dates of note:</p> <ul style="list-style-type: none"> <li>• 17-23 July 2022 is National Drowning Prevention Week (NDPW)</li> <li>• 25 July 2022 is World Drowning Prevention Day</li> <li>• September 29th is World Heart Day!</li> <li>• September 30th marks the National Day for Truth and Reconciliation</li> </ul>
<b>Bathtub Safety</b>	<ul style="list-style-type: none"> <li>• Did you know that bathtubs account for 12% of all drownings Canada-wide with children and seniors most affected? Make sure children are always supervised in the bathtub and have adhesive traction stickers in the tub to help prevent falls.</li> <li>• Drowning can happen in seconds and it is silent. Stay beside the tub while your child is having a bath.</li> <li>• If you are on your phone, you cannot see your child in the tub and you likely will not hear them as drowning is silent. Watch your child not your phone!</li> <li>• Bathtubs are a high risk setting for seniors. Take care getting in and out of bathtubs.</li> <li>• Install grab-bars designed for weight-bearing to aid entry, exit and movement in your bathtub. Have someone close enough to hear you and respond, should you have a problem.</li> </ul>
<b>Backyard Pool Safety</b>	<ul style="list-style-type: none"> <li>• 92% of children drowned when supervision was absent or distracted.</li> <li>• Most children who drown in backyard pools gain access from the house.</li> <li>• Evaluate the pool to determine if access is limited and if safeguards are in place. Never rely on a single measure to keep young children from getting into the pool area. Use multiple barriers or strategies to restrict access.</li> <li>• Install separate child-resistant locks well above a child's reach with accompanying audible alarms on all doors leading to the pool.</li> <li>• Set up at least two additional barriers- 2 fences or a fence and an alarm system.</li> <li>• Make sure water toys are stored away after the swim is over so that children are not encouraged to return to the pool area.</li> <li>• Adult supervisors/parent lifeguards for young children should always be within arms' reach to ensure safety.</li> <li>• Assign a dedicated supervisor/parent lifeguard in the pool setting and rotate between the adults so that there will always be a responsible adult present.</li> </ul>

<p><b>Learn to Swim</b></p>	<ul style="list-style-type: none"> <li>• Learning to swim is an important life skill, especially in Canada with our abundance of lakes and rivers.</li> <li>• Learning to swim requires instruction, go to your local pool to register for lessons</li> <li>• Basic swimming ability is a requirement of any meaningful attempt to eliminate drowning in Canada.</li> <li>• At a minimum Canadians should be able to achieve the Lifesaving Society's Swim to Survive standard in order to survive an unexpected fall into the water - roll into deep water, tread water for 1 minute and swim 50 metres with any stroke.</li> </ul>
<p><b>Cold Water Safety</b></p>	<ul style="list-style-type: none"> <li>• People who fall into cold water usually drown before hypothermia sets in. Remember the numbers 1-10-1: <ul style="list-style-type: none"> <li>○ You have 1 minute to get your breathing under control. Keeping afloat and breathing will be very difficult, concentrate on getting your breathing under control, you can expect gasping to pass in about 1 minute.</li> <li>○ During the next 10 minutes you will experience cold incapacitation. In an attempt to preserve core temperature, the body will shut down blood flow to the limbs, making it difficult to self rescue or even stay afloat.</li> <li>○ After cold incapacitation, hypothermia will finally start to set in but you can expect that will take about 1 hour to become unconscious and still longer before you succumb to hypothermia.</li> </ul> </li> </ul>
<p><b>Ice Safety</b></p>	<ul style="list-style-type: none"> <li>• No ice is without some risk...minimize your risk!</li> <li>• It is critical that the ice quality or type of ice is evaluated before your travel.</li> <li>• Clear, hard, new ice is the only kind of ice recommended for travel.</li> <li>• Avoid: <ul style="list-style-type: none"> <li>○ Areas where there is slush on the ice</li> <li>○ Open holes or open water</li> <li>○ Ice on or near moving water (i.e. rivers, currents)</li> <li>○ Ice that has thawed and refrozen</li> <li>○ Pressure ridges</li> </ul> </li> <li>• Risk factors that weaken or "rot" ice: <ul style="list-style-type: none"> <li>○ Currents or wind action can shift entire ice sheets and create pressure ridges or weak points</li> <li>○ Sudden temperature changes can cause ice to crack or split into layers</li> <li>○ Snow on ice acts as a blanket to prevent hardening of ice</li> <li>○ Pressure ridges due to wind or current pressure</li> </ul> </li> <li>• Keep away from unfamiliar paths or unknown ice, and avoid travelling on ice at night.</li> <li>• Never alone. A buddy may be able to rescue you or go for help in case you get into difficulty.</li> <li>• Before you leave shore inform someone of your destination and expected time of return.</li> <li>• Wear a thermal protection buoyant suit to increase your chances of survival if you go through the ice. If you do not have one, wear a lifejacket over an ordinary snowmobile suit or layered winter clothing.</li> </ul>
<p><b>Spring Thaw</b></p>	<ul style="list-style-type: none"> <li>• In the Spring you can easily get carried away!</li> <li>• Spring thaw is a dangerous time because melting snow and rain makes river water rise and run fast.</li> <li>• Cold moving water can be an adventure for children – a potentially fatal attraction when they slip on a muddy river bank or it gives way under their feet.</li> </ul>

<p><b>Boating Safety</b></p>	<p>CSBC Safe Boating Awareness Week is from May _____.</p> <p>Key messages:</p> <ol style="list-style-type: none"> <li>1. <b><u>Wear Your Lifejacket</u></b> - Over 80% of Canadians who drown while boating were not wearing their lifejacket or not wearing it properly.</li> <li>2. <b><u>Boat Sober</u></b> - Whether it is alcohol, cannabis, prescription drugs, the use of intoxicants is both irresponsible and illegal.</li> <li>3. <b><u>Be Prepared, You and Your Boat</u></b> - Make sure that your boat has the required safety equipment, the weather is suitable for the voyage, you have sufficient fuel, and you have filed a trip plan.</li> <li>4. <b><u>Take a Boating Course</u></b> – If you are operating a powered recreational vessel, you should have your Pleasure Craft Operator (PCO) Card or some other proof of competency.</li> <li>5. <b><u>Be Aware of Cold-Water Risks</u></b> - Cold water can severely impact your ability to swim or even just stay afloat. No matter your swimming ability, the best chance of surviving an accidental cold-water immersion is to wear your lifejacket! <ul style="list-style-type: none"> <li>• Everyone who operates a motorized water craft needs a Pleasure Craft Operator Card. You can get the card by taking a boating safety course in-person or online.</li> <li>• Are you prepared for a day out on the water? All craft up to 6 metres in length requires a(n): <ul style="list-style-type: none"> <li>○ lifejacket or PFD for each person on board</li> <li>○ buoyant heaving line (15 metre) and extra paddle or oar</li> <li>○ sound signaling device and bailer or hand pump</li> <li>○ waterproof flashlight, class 5BC fire extinguisher and navigation lights if motorized</li> </ul> </li> </ul> </li> </ol>
<p><b>Stretching the Season</b></p>	<ul style="list-style-type: none"> <li>• Fall is here, but that doesn't mean your boating adventures are over for the year! There's still time to enjoy the water even as temperatures start to cool.</li> <li>• Dress for the water temperature: wear layers of protection, a lifejacket, and keep spare clothing on board.</li> <li>• Keep checking the weather: the mixing of warm and cold air can spawn late summer high winds and waves.</li> <li>• Watch for hazards: water levels may have fluctuated from normal summer levels, meaning areas that previously visible hazards could now be submerged and areas that were once safe to travel are now dangerous for striking rocks.</li> </ul>
<p><b>CPR</b></p>	<p>November is CPR Month/February is Heart Month – this is a good opportunity to promote Branch CPR or first aid courses.</p> <ul style="list-style-type: none"> <li>• Did you know that more than 50,000 Canadians die of heart disease every year?</li> <li>• Did you know that you are most likely to perform CPR on a family member?</li> <li>• Did you know that calling EMS and pushing hard and fast on the centre of the chest can make a difference?</li> <li>• Did you know that CPR courses include training on the use of automated external defibrillators (AEDs)?</li> <li>• If you are experiencing chest pain and shortness of breath call 911.</li> <li>• Show your heart some love by getting plenty of exercise such as swimming.</li> <li>• You can make a difference – take a Lifesaving Society CPR course today.</li> </ul>