

KNOW THE SIGNS OF DROWNING

I think I know what it looks like when someone is drowning, but do I?

Signs that someone is drowning are QUIET.

You will NOT hear a cry for help.

- **A drowning person cannot call for help.**
When a person is drowning, the mouth sinks below and reappears above the surface of the water. There isn't time to exhale, inhale, and call out.
- **Someone who is drowning cannot wave for help.**
Instinctively arms extend to the sides and the person presses down to lift her mouth out of the water; a child may extend her arms forward. A person in trouble can't use her arms to move toward a rescuer or reach for rescue equipment.
- **A drowning person remains upright in the water, with no evidence of kicking.** The struggle lasts for only 20 to 60 seconds before going under.
- **Head is low in the water, with mouth at water level;** head may be tilted back with mouth open. A child's head may fall forward.
- **Eyes are glassy, unable to focus, or closed.** Hair may be over forehead or eyes.
- **Sometimes the most important indicator is that the person doesn't look like he's drowning.** He may just seem to be looking up at the sky, shore, pool deck, or dock. Ask "Are you all right?" If he can answer, he probably is. *If you encounter a blank stare, you may have less than 30 seconds to get to him.*
- **Children playing in the water make noise.** When they get quiet, you need to get to them and find out why.



- Actively supervise children AT ALL TIMES near open bodies of water like ponds, lakes, rivers, and oceans.
- Drowning can occur in as little as 2 inches of water, so keep watch near landscaping features like koi ponds, waterfalls, and fountains.
- Teach children to swim and about water safety.
- NEVER SWIM ALONE — swim with a buddy.
- Consider swimming lessons (call the YMCA to locate one near you at 1-800-872-9622 or visit www.ymca.net/find-your-y).



If you have a pool



- Provide locked safety barriers for swimming area when not in use.
- Keep climbable objects away from barriers.
- Don't forget about landscaping water features like koi ponds, waterfalls, and fountains. They are safety hazards too!



Water Safety Tips



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