

# S.P.L.A.S.H.E.S. into Summer Safety

## Help prevent drowning with S.P.L.A.S.H.E.S.

Every summer people go to the lake or pool to cool off and have fun, but sometimes they make unwise choices that result in tragedy. Use the S.P.L.A.S.H.E.S. key messages to prepare you and your family with tips to make wise choices, prevent injuries, and to be safe in, on, and around the water.

### Supervision: Watch children around the water at all times

- Lifejackets, PFDs, arm floats, inner tubes and other inflatable toys are not a substitute for adult supervision.

### Protection: Get trained and wear sun protection

- Teach kids, teens and adults to swim! Learn first aid and CPR.
- Wear sunscreen, a hat and protective clothing, and drink plenty of water to help keep you safe from sunstroke.

### Lifejackets/Personal Flotation Devices (PFDs): Wear your lifejacket

- Inexperienced, weak or non-swimmers should wear a lifejacket or PFD when near the water.
- All boaters must wear a lifejacket when on the water.

### Awareness: Check it out before you go

- Before entering the water— check the water depth and watch for hazards.
- Plan ahead - always tell someone where you are going and when you will return
- Monitor the weather and environment for any changes.

### Safe Boating and Fishing: Be a safe boater

- Alcohol and boating don't mix. Boating while impaired is dangerous and illegal.
- Have safety equipment on board (an extra lifejacket/PFD, a radio, flashlight, flares, first aid kit) and don't overload your boat.

### Help: Learn when and how to get help

- Learn to swim and take a first aid and CPR course. Know how to call 9-1-1 or your local emergency number.
- If in trouble in the water, call for help, roll on to your back, kick your feet, move your arms and aim toward shore.

### Education: Learn how to be safe and teach your children

- Discuss water safety information and wise choices around the water.
- Teach children to respect the water — water sustains life but it can also take away life. Learn to recognize the dangers and how to protect yourself.

### Security: Secure your pool – no matter what size

- **Fence it in:** Ensure your pool is fully fenced with a self-closing, self-latching gate.
- **Cover it up:** Install a cover with a lock on your hot tub and/or backyard pool.
- **Empty it:** Drain wading pools and small inflatable backyard pools when not in use.

### Did you know?

- There are up to 400 drowning-related deaths in Canada each year
- Supervision is key — roughly 75% of children under 10 who drowned were not with an adult
- A drowning person is often silent, yet 50% of parents think they can effectively supervise children just by listening

For more information on water safety education, please visit [www.parachutecanada.org](http://www.parachutecanada.org)