



BOYS & GIRLS CLUBS
OF BELLEVUE



RAINIER ATHLETES



SPLASHForward
Water for All | Water for Life



Learn how to be safe in our
Pacific Northwest Waters



Find out local resources to
learn to swim and where
to swim



Meet & learn from local
water safety experts

THANK YOU
for coming
In Person

Water Safety Workshop



WATER SAFETY WORKSHOP



Quick Poll

Order of Events

1. Guest Speakers Present – Water Safety Experts
2. Breakout to Ask Questions in Small Groups with Speakers
3. Q&A, Raffle & Resource Summary

POLL

What age group has the highest rate of drowning in WA State?



1. 0 – 5 yrs old
2. 5 – 15 yrs old
3. 15 – 24 yrs old
4. 24 – 35 yrs old

OUR MODERATOR

Katoya Palmer, Chief Operating Officer, Community Passageways

Former YMCA Senior Aquatics Director, CPO, LGIT, YSLIT, Y Drowning Prevention Thought Leader; Boys Water Polo Coach @ Sammamish/Interlake HS;

Board Member, *SPLASHForward*



- Meeting you where you are
- Water based activities are fun, healing & healthy
- Common stereotypes, real fears, and making change together



Boy's Water Polo



IMPORTANCE OF WATER SAFETY



Brandi Christman, Aquatics Program Manager, Bellevue Aquatic Center

- **Water is everywhere**
- **Water safety at pools and local beaches**



WA STATE & OPEN WATER SAFETY



Seattle Children's®
HOSPITAL • RESEARCH • FOUNDATION

**Isabell Sakamoto, MS, CHES, Suicide & Injury Prevention
Program Manager**

- **Risks in open water activities**
- **Water Safety in and around our PNW waters**



▶ Open water safety

Isabell Sakamoto

Tuesday, May 24, 2022

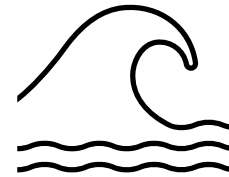
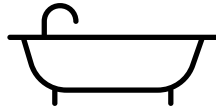
Know the water. Know your limits. Wear a life jacket.



In the United States...

Drowning is the **second** leading cause of unintentional injury death for children and teens.

For every child who dies from drowning, another **8** receive emergency department care for non-fatal drowning.



We can all help prevent drownings.



Open waters

In Washington State, most unintentional drowning deaths occur in open water settings (lakes, rivers, creeks, oceans).



Swimmers tend to tire faster and get into trouble more quickly than in pools.

Expect cold waters – even on hot summer days.



In water



Use designated swimming and recreational areas.



Check weather and water conditions.



Follow all safety signs and warning flags.



Bring life jackets or check for a loaner station.



Stay close to shore and rest when tired.



Don't swim alone and supervise children & teens.



In King County, drownings have continued to rise over the past 5 years, and 29 people lost their lives to drowning in 2021. A **life jacket** may have saved many of these lives.





Around water



Get familiar with surroundings beforehand.



Always keep children in sight when water is nearby.



Have young children wear a life jacket when playing on a dock, boat, etc.



Water safety is year-round

- ✓ Learn to swim and upgrade swimming skills each year
- ✓ Learn what to do in an emergency (First Aid and CPR)
- ✓ Check life jackets
- ✓ Have conversations about ways to stay safe in and around water
- ✓ Keep homes safe



Thank you!

Learn more: www.seattlechildrens.org/dp

Stay in touch: DrowningPrevention@seattlechildrens.org



Seattle Children's®



Seattle Children's[®]
HOSPITAL • RESEARCH • FOUNDATION

Hope. Care. Cure.

FROM A LIFEGUARD'S VIEW



Adrian Savage, Assistant Director of University Recreation, Aquatics, and Facilities, Seattle University

Former YMCA Aquatics Director and Lifeguard Supervisor



- **What Lifeguards Do**
- **Safety Around Water Basics**

WHAT LIFEGUARDS DO



- Always looking 👁️👁️
- You can help look too
- **Safety Around Water**
 - Ask for permission
 - Pools & Beaches

PREPAREDNESS & EMERGENCIES



- **Emergencies**
 - What lifeguards do
 - What you can do if trouble – you or others
- **Being prepared**
 - Swim at lifeguarded locations
 - Talk to the lifeguard, learn local tips

WATCH OUT FOR OTHERS

Water Safety Edition



Build a Safe and Inclusive Outdoors



People have different comfort levels with water. Designate a water watcher.

#RecreateResponsibly

Water Safety Edition



Build a Safe and Inclusive Outdoors

People have different comfort levels with water. We can be safer together. When recreating with young children or in groups, designate a water watcher.

#RecreateResponsibly

POLL

What are ways to reduce the chances of drowning in our local waters?



- 1. Swim where there are lifeguards present**
- 2. Learn to Swim**
- 3. Swim with a buddy and assign a water watcher**
- 4. Wear a lifejacket when on or around open water**

LIFE JACKETS & OPEN WATER



Derek VanDyke, WA State Boating Education Coordinator, Washington State Parks and Recreation Commission

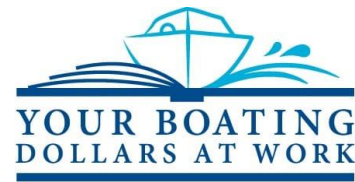
- **Water Safety on water-craft (boats, kayaks, SUPs)**
- **Life Jacket Demo**



Water Safety Tips

*Be Safe and Have Fun In and
Around the Water*

#RecreateResponsibly



*Produced under a grant from the Sport Fish Restoration and
Boating Trust Fund, administered by the U.S. Coast Guard.*



Boating Program

Water Safety Edition

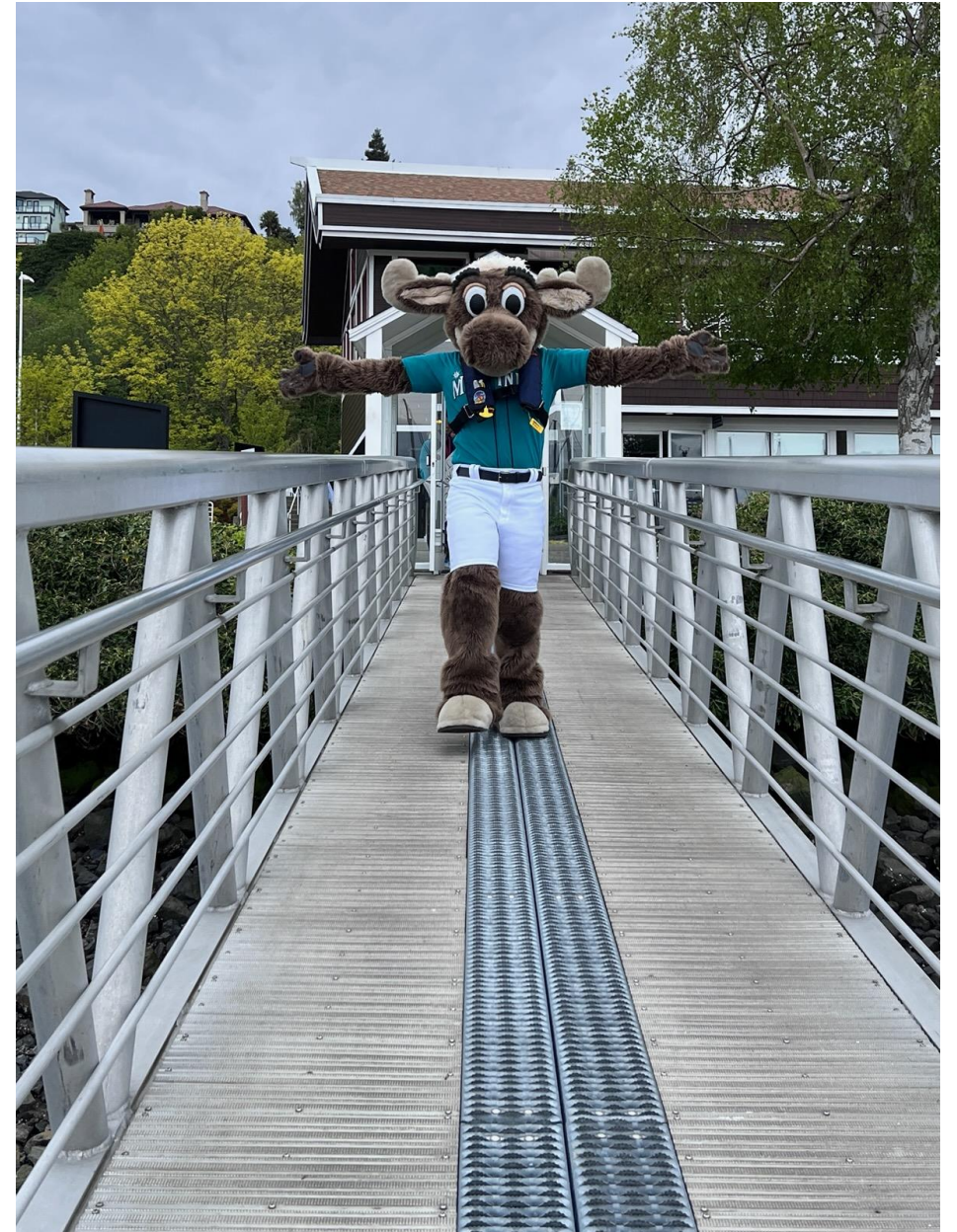


Know Before You Go

Check the weather forecast and water conditions before you go. Cold water can be dangerous, even on warm days.

Learning to swim is the #1 recommendation for water safety.

#RecreateResponsibly



Water Safety Edition

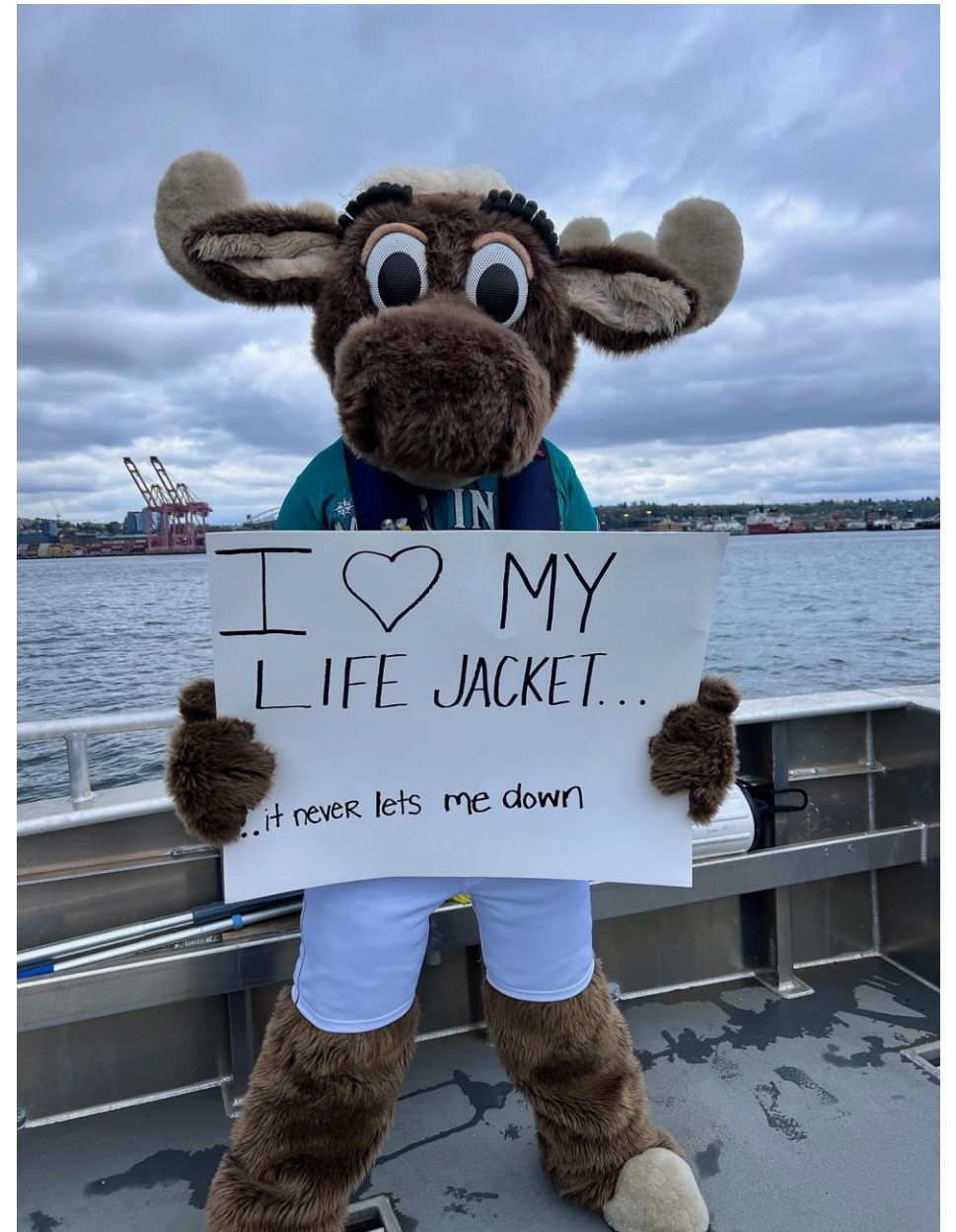


Plan and Prepare

Life jackets save lives — make sure they'll be available. Lifeguards may not be present, know if they're on duty.

Bring essential gear for boats or vessels like navigational devices and paddle floats.

#RecreateResponsibly



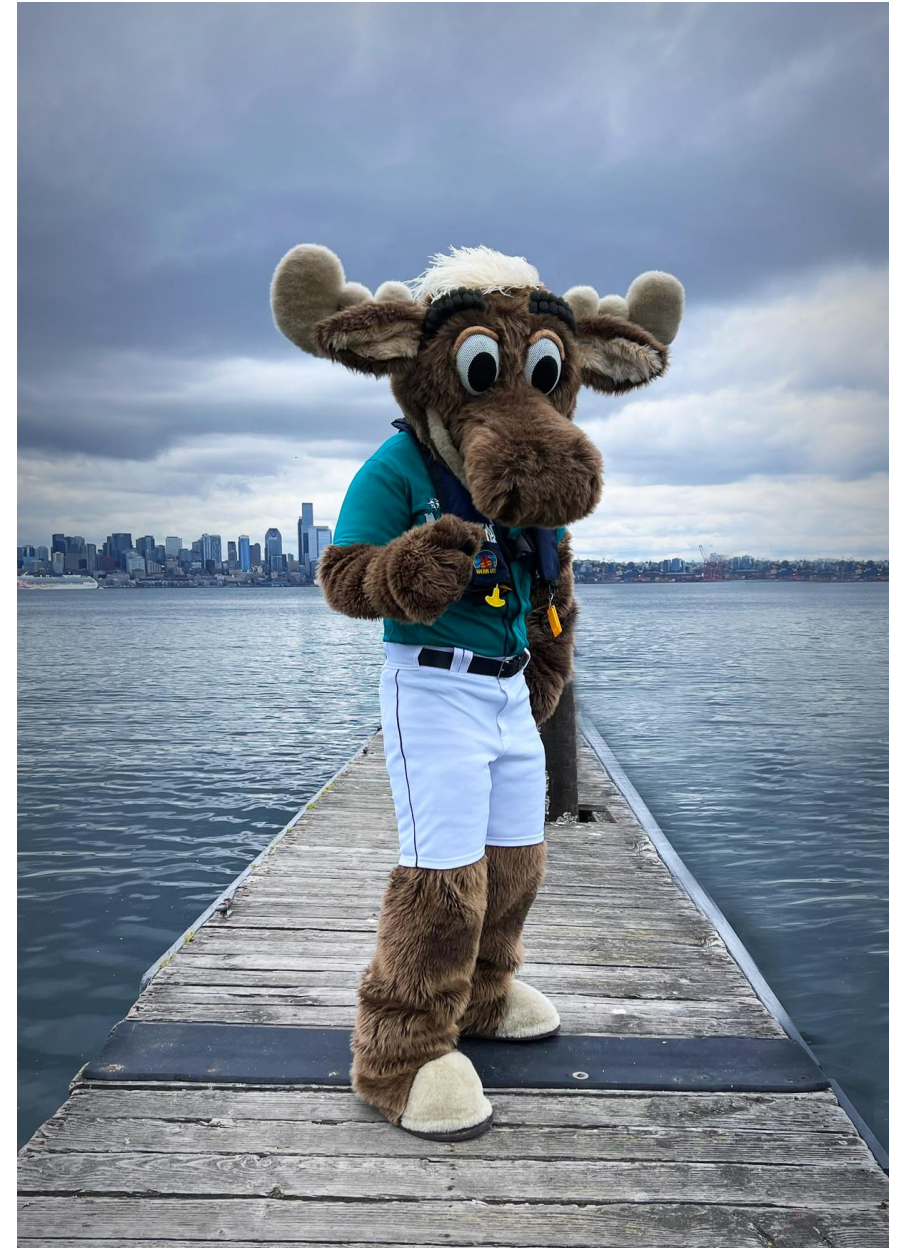
Water Safety Edition



Respect Water

Water can be powerful. Learn to read water conditions and remain alert. Obey posted safety signs. Always tell someone your plan when headed out solo.

#RecreateResponsibly



Water Safety Edition



Learn How to Respond

If someone else is in trouble, call 911 or get help. Don't go in the water. To assist others: **Reach, Throw, Don't Go.** If you are in trouble: **Flip, Float, Relax.**

#RecreateResponsibly



Questions



Boating Program

Derek VanDyke

Derek.VanDyke@Parks.WA.GOV

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LAYERS OF PROTECTION



Chezik Tsunoda, Founder, No More Under

- **Yori's Story**
- **Water Safety, Life jackets, Water Watchers & More**



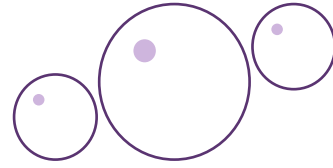
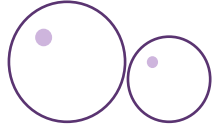
ADAPTIVE WATER SAFETY



Jenny Petty, Instructor, Nurturing Water Therapies
Sandy Karlek, Owner, Nurturing Water Therapies

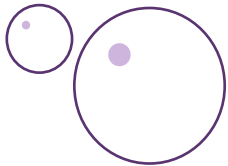
- **Autism and Water Safety Skills**
- **7 Skills of Water Safety**





Water Safety

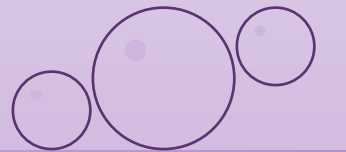
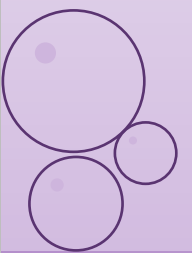

For our Neurodiverse Community





Did you know:

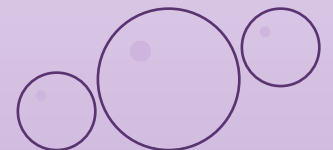
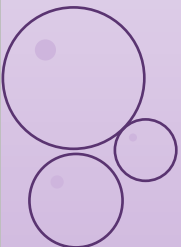

Drowning is the leading cause of death for kids on the Autism Spectrum?





Did you **know**:

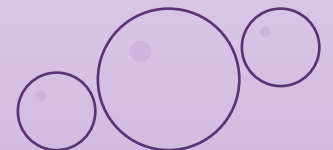
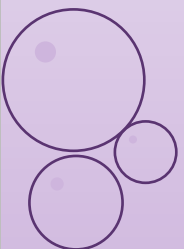
Children with an autism spectrum disorder are 160 times more likely to die from drowning compared with the general pediatric population.






Did you know:

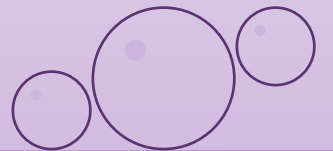
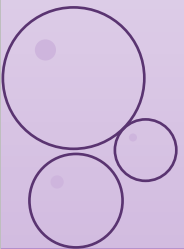
Roughly half, or 48%, of children with ASD attempt to elope from a safe environment?





Did you know:

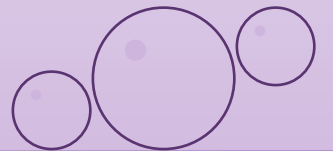
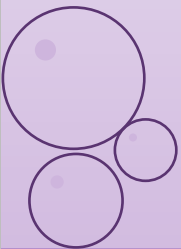
- More than one third of ASD children who wander/elope are unable to communicate their name, address or phone number.
- 





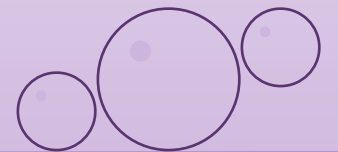
Did you know:

- 32% of parents reported a “close call” with possible drowning



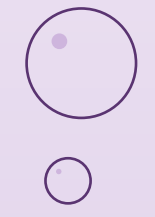
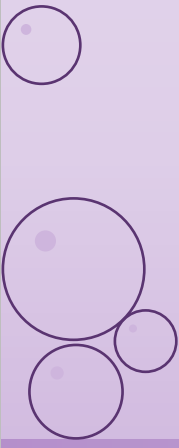
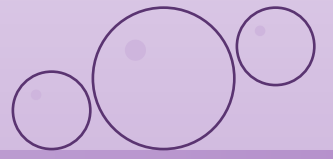


How can you help?





Basic Water Safety Skills:

- ▶ Here are 7 basic water safety techniques anyone can do that can save a child's life
 - ▶ Be consistent, deliberate, and repetitive with each of these skill until they are understood and mastered.
- 
- 
- 



1. Entry Into Pool

- ▶ Sit on the side of the pool. Roll onto your stomach and slide in tightly holding the side of the pool. (Put your hands over theirs to emphasize the importance of holding on). Count to 5 before they can let go.
- ▶ Often children can't gauge the depth of the pool so regardless of whether they can touch or not, always have them roll over and get in. If they assume they can touch, but can't and go under, they will have a more difficult time getting back to the wall.



2. Monkey Arms

- ▶ It is important children understand that if they want to safely move in water over their head, to use the side of the pool. Practice holding on with two hands and shuffling from one side of the pool to the other.
- ▶ This empowers them allowing them to move to where they want to go safely.



3. Climbing Out

- ▶ I often see kids with ASD have lower muscle tone and a hard time climbing out. It is important they practice the correct way to get out of a pool:
 - ▶ Facing the wall, use your arms to lift you up, then bring your knee to the edge and climb up a bit more, then bring your foot up and climb out.



4. Jumping/Bouncing in the Pool

- ▶ Kids love bouncing in the pool. Have them practice jumping in water 6-12 inches deeper than them. They have to exhale and go down, find the bottom of the pool and jump up and take a big breath of air, then back down again.
- ▶ Kids are learning how to keep breathing, not panic and stay water safe in water that is 6-12 inches over their head.



5. Jumping from Side

- ▶ Sit (or stand) on the side and “fall” in. Do not grab them but have them turn their bodies and underwater and grab the wall.
- ▶ Repeat over and over and over.
- ▶ If your child should fall in, they know to turn around and grab the wall and hold on!



6. Reaching for You

- ▶ When you are in the water with your child and they push off you or come off the wall without anything to hold onto. **DO NOT GRAB THEM.** Hold out your arm or a noodle, hold their arm and direct **THEM** to grab **YOU**.
- ▶ They need to understand that: A. they need help, and B. they can save themselves. If you always grab them when they go under, they will never learn these two basic water safety skills.

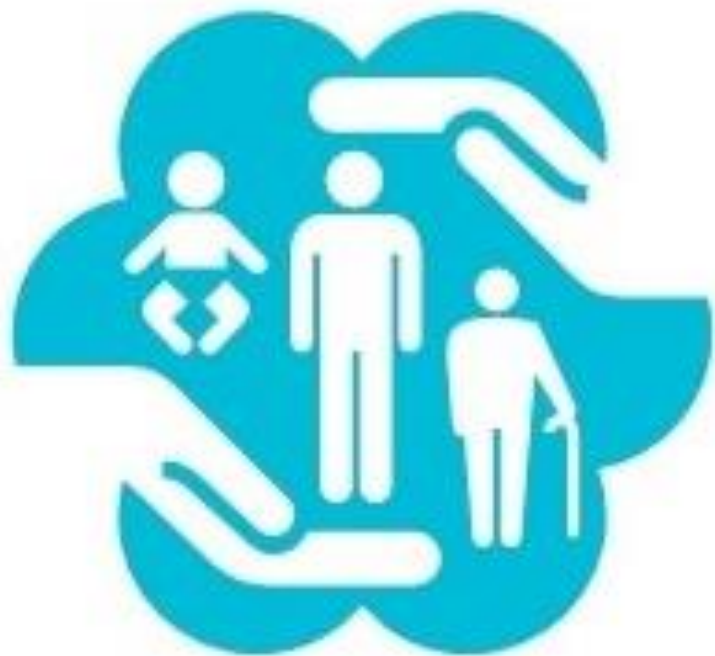


7. 1, 2, 3 Roll Over

- The vestibular input of rolling from prone to supine position it is often difficult and uncomfortable for beginning swimmers, yet a critical water safety skill to acquire prior to learning how to swim.
 - Benefit – It is the most basic skill that could prevent fatal drownings.



Thank you!

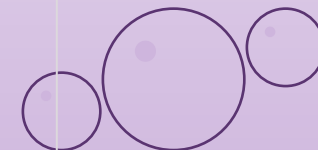
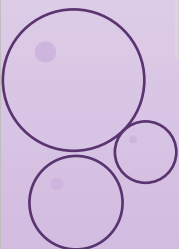


NURTURING WATER THERAPIES

WWW.NurturingWaterTherapies.org

425-429-6706

office.nurturingwatertherapies@gmail.com



POLL

What should you do if you see someone drowning?



- 1. Don't jump in because you could drown too**
- 2. Throw an object like an empty cooler or life jacket**
- 3. Reach with an object from a safe location where you can brace yourself**
- 4. Call 911 and ask for help**

BREAKOUT SESSIONS

- **15min**
- **Speakers to join in your breakouts**
- **Ask questions**

YOUR QUESTIONS & A RAFFLE

- Q&A
- Raffle - Water Safety Poster
- Pick up Baskets



June 9th and 10th @ Boys and Girls Clubs of Bellevue


Ways to #RecreateResponsibly in, on & around water:

Know Before You Go  Learning to swim is the #1 recommendation for water safety.	Plan And Prepare  Life jackets save lives.
Build a Safe and Inclusive Outdoors  Everyone has different comfort levels with water. Designate a water watcher.	Learn How to Respond  If you are in trouble: Flip, Float, Relax. (like a starfish)
Respect Water  Water is powerful. Learn to read water conditions. Remain alert.	Make It Better  Water is home to fish & other life. Leave it cleaner than you found it.

Join the movement at [RecreateResponsibly.org](https://www.RecreateResponsibly.org)

 **SPLASHForward** &  **RECREATE RESPONSIBLY**
Water for All | Water for Life

SUMMER WATER BASKETS



Water Safety Edition

A GUIDE ON HOW TO RECREATE RESPONSIBLY
in or near water

RecreateResponsibly.org



Water Safety Edition

Plan and Prepare



Life jackets save lives.

#RecreateResponsibly



Edición de Seguridad en el Agua

UNA GUÍA SOBRE CÓMO RECREAR RESPONSABLEMENTE
en o cerca del agua

RecreateResponsibly.org

Learn How to Respond



If you are in trouble: **Flip, Float, Relax.**
(Like a starfish)

#RecreateResponsibly

POOLS ARE COOL.



SPLASHForward.org



WATER WATCHER

I AGREE TO SUPERVISE THE POOL OR OPEN WATER AREA AT ALL TIMES

numaunders.org



AS THE DESIGNATED WATER WATCHER, I WILL:

- Regularly scan the bottom of the pool
- Avoid socializing, texting and talking on the phone
- Call 911 and administer CPR if necessary
- Keep a phone for emergency use and know the address of this location
- Never leave children unsupervised until there is another person holding this badge

numaunders.org



RESOURCES



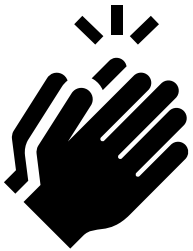
<https://splashforward.org/water-safety/>



THANK YOU TO OUR SPEAKERS

Brandi Christman, Aquatics Program Manager @ Bellevue Aquatic Center

Isabell Sakamoto, MS, CHES, Suicide & Injury Prevention Program Manager, Seattle Children's Hospital



Adrian Savage, Assistant Director of University Recreation, Aquatics & Facilities, Seattle Pacific University

Derek Van Dyke, Education Coordinator, Boating Program, Washington State Parks and Recreation Commission

Chezik Tsunoda, Founder, No More Under

Jenny Petty, Instructor, **Sandy Karlek**, Owner, Nurturing Water Therapies

Katoya Palmer, Chief Operating Officer, Community Passageways

SURVEY

Please fill out our survey!

**We will follow up with
resources!**



THANK YOU TO OUR PARTNERS



BOYS & GIRLS CLUBS
OF BELLEVUE



SPLASH*Forward*
Water for All | Water for Life

WATER IS LIFE

Water Safety Edition



Make It Better

All water sources are connected—
home to fish and other life. Help
protect our waters by leaving your
environment cleaner than you found it.
Water is Life.

#RecreateResponsibly