

# Make Water Safety A Way Of Life Thru

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## Water Related Incidents are Preventable

By Micole Ongman  
Program & Aquatic Supervisor  
Town of Whitchurch-Stouffville



There are so many things people can do to prevent water related incidents. The LifeSaving society has gone as far as changing their verbiage from "drowning is the leading cause of accidental death..." to "drowning is the leading cause of preventable death..."

Toddlers are among the high risk groups for drowning. A good message to for this age group is "you are your child's lifeguard" and "you are your child's bathtub lifeguard"

The highest risk group is males 18 - mid 30's. Just flaunting safety and being reckless are usually the cause of water related incidents.

Just some things that the Town does to try to help with water safety awareness are as follows:

- With every permit issued for new pools, a copy of the backyard pool safety video is distributed.
- Most schools bring their students to the Lebovic Leisure Centre for swim lessons during the swim year.
- Swim to Survive, a basic standard that everyone should be able to accomplish, is taught in our school lessons, through our summer camp and offered FREE to the public during selected public swims throughout the year.
- The outdoor pool offers weekly themes geared around water safety and drowning prevention Water safety, drowning prevention is taught in all our swim lessons, no matter the age or level.
- The Leisure Centre displays season specific water safety information for all patrons.
- In the spring, lifeguards go out to the schools to do drowning prevention/ water safety lessons for the children.

In 2006 The Town of Whitchurch-Stouffville won the LifeSaving Society Water Smart award for our efforts in drowning prevention

Unfortunately there are still people who don't make it through the summer due to tragic drownings. Accidental drownings are usually preventable and people need to be aware of the dangers BEFORE heading out around water. Often it just takes that extra thought about prevention that can eliminate a potential disaster. Some things that people don't really think about is their young ones around other types of water sources, such as: decorative ponds, washing buckets and bathtubs. Also, parents should think about learning how to swim if their children are currently in swim lessons and the parent doesn't know how.

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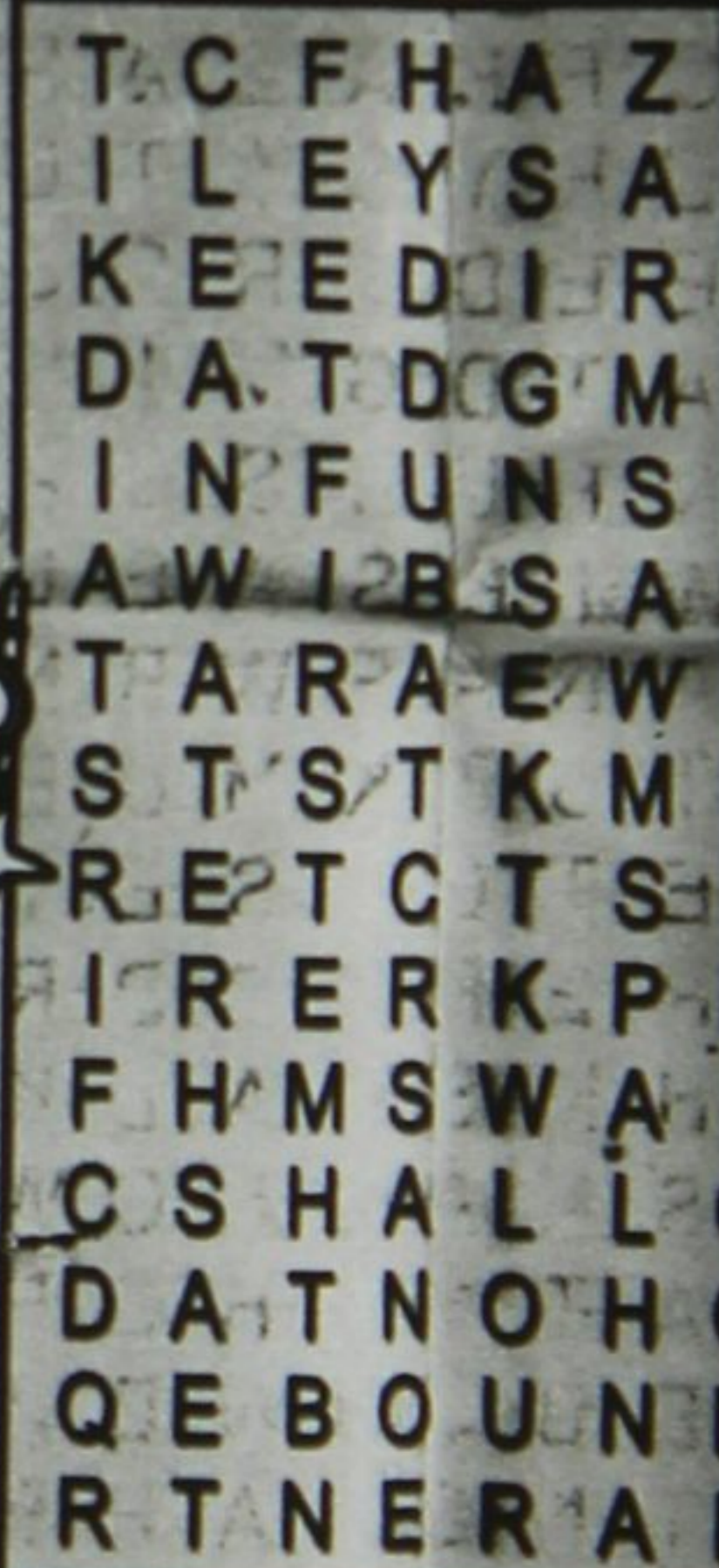
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Swim Find all the words hidden in this word search



- THE EXPERTS' TOP 10 WATERFRONT
1. Keep all children within arms' reach
  2. Don't drink and boat - water and alcohol
  3. Always wear a lifejacket or PFD. It works!
  4. Don't go it alone. Take a buddy who knows how to swim.
  5. Make sure where you're swimming is safe.
  6. Plan for emergencies. Be prepared, get a first aid kit.
  7. Get carded by taking a boating course.
  8. Buckle up preschool and non-swimmers.
  9. Learn to swim by taking lessons or a swimmer.
  10. Set rules and limits on when and where to swim.