



R.E.S.P.E.C.T the Water

Association of Aquatic Professionals
Drowning Prevention Program



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R.E.S.P.E.C.T the Water

Who is AOAP?

AOAP is a national association for aquatic professionals with a strong commitment to helping prevent drownings as one of its goals.



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R.E.S.P.E.C.T the Water Why?

Drowning is **PREVENTABLE** and water safety education is the best prevention



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It's as simple as **R.E.S.P.E.C.T**

- R**ecognition: Recognize the signs of non-swimmers, tired and distressed swimming, and potentially unsafe situations.
- E**ducation: Learn what factors can lead to drowning
- S**upervision: Direct, constant supervision is key
- P**hysical Barriers: Provide fencing, safety covers, alarms, and life jackets
- E**xpectations: Understand what to expect from the aquatic environment, body's response, know your limits
- C**ommunication: Warn and inform family, friends, and guests about the dangers present in and around the water
- T**raining: Learn to swim and how to respond to an emergency





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RECOGNITION



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RECOGNITION

When you think of someone drowning, what do you envision?



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RECOGNITION

The reality is “Victims do not go to victim school.”

Although there are some common drowning indicators, anyone can drown if the situation is right. Recognizing not only drowning behaviors, but the factors that can lead to drowning is just as important.



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RECOGNITION -

Swimmer Behaviors

Learning to recognize the different swimming behaviors can help prevent a drowning situation



RECOGNITION - Non-Swimmer

How does a non-swimmer look in the water?

- Looks scared to get in the water
- Hangs out in the shallow end
- Hangs on to the side of the wall (death grip)
- Crawls along the pool wall rather than swimming
- Won't get their face/hair wet

Why is it important to recognize if some one can't swim



RECOGNITION -

Tired Swimmer

How does a tired swimmer look?

- Not moving forward?
- Arms dragging
- Looks tired
- Hair in their face
- CAN call for help

Why is it important to recognize if someone is getting tired while swimming?



RECOGNITION - Drowning



What does it look like when someone is drowning?

RECOGNITION - Drowning



Signs that someone is drowning:

- Head is back and looking up
- Body is vertical with no kicking
- Arms are reaching to the side of the front (often times like they are trying to crawl out of the water)
- May or may not be splashing
- Loss of motion
- Very scared eyes
- CANNOT call for help!



RECOGNITION

Things you can do to help:

- CALL FOR HELP!
- NEVER try to swim out to save a drowning swimmer
- Reach or throw, don't go



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RECOGNITION - Submerged

Things like failure to recognize other potential drowning signs such as entrapment, sudden illnesses (heart attack, stroke, etc.) can lead to submersion.

Once a body is submerged, it is very hard to identify from the surface.

Things to look for:

- Color variation of the bottom of the pool (a smudge)
- Motionless
- Bubbles at the surface



RECOGNITION - Submerged

Things you can do if you think there is someone at the bottom of the pool:

- CALL FOR HELP. No matter what.
- If no lifeguard or response team is available:
 - Do not endanger yourself by entering the water
 - If the water is shallow and you can swim, try to get the item/body out of the water
 - If you cannot swim, or the water is too deep, keep an active eye on the item/body to help retrieval efforts once response personnel arrive
 - If a reaching pole or hook is available, try to move the item/body to the side of the pool



RECOGNITION - Drowning

How can recognition of potential and actual drowning behaviors help save a life?



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EDUCATION



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EDUCATION



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EDUCATION

Anyone can drown, even the best swimmers.

Making sure you and your loved ones are educated about the water you are going to swim in is very important.



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EDUCATION

Why is it important to know the water you swim in?

What are some things you should look for before allowing the people you are caring for enter the water?



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EDUCATION

Some things you should be educated about before your loved ones get in the water.

- Air temperature (very hot/very cold)
- Wind conditions
- Water temperature
- Swift currents
- Water clarity
- Pool repair (broken drains, skimmers)
- Water depths
- Signage (pool rules, caution flags)
- Emergency procedures
- Phone accessibility



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EDUCATION

Just like being educated about the water before swimming. It is important to understand there are some things that our loved ones should be educated about while they swim.

Some examples are:

- Breath holding games
- Rough housing with your friends
- Diving into water without knowing how deep it is
- Others?





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SUPERVISION



SUPERVISION

What are some effective ways to supervise your swimmers?



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SUPERVISION



Whoever is supervising needs to be able to recognize the signs of a swimmer in trouble.

SUPERVISION



Who needs to be supervised while they swim?

Are lifeguards the only supervisors at a pool?

Should children be allowed to swim alone?

Is direct supervision still necessary for older children?





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PHYSICAL BARRIERS



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PHYSICAL BARRIERS

Types of physical barriers:

- Fences with self latching/locking gates
- Safety pool/spa covers

Types of alarms:

- Door/window
- On person (headbands, wristbands, etc.)



PHYSICAL BARRIERS

Lifejackets can be a very effective physical barrier.

No physical barrier should replace direct constant supervision!





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EXPECTATIONS



EXPECTATIONS

Part one:

- Set expectations for swimmer behaviors before you even get to the water.



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EXPECTATIONS

Part two:

- Know your own swimming ability as well as your loved one's and what to expect while swimming.

Why is this important?



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COMMUNICATION



COMMUNICATION

How can communication play a role in drowning prevention?

What things should be communicated before you go swimming?

What things should be communicated while you are swimming?



COMMUNICATION

It is important to understand what is being communicated to you while visiting any type of water.



COMMUNICATION

Make sure to communicate if you need help.



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TRAINING



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TRAINING



Training consists of two parts. The first is:

- Learning to swim

How can learning to swim help to prevent drownings?



TRAINING



The second is:

- Knowing what to do in an emergency situation

Should you ever try to save someone in the water yourself?

What can you do?

TRAINING

What can you do if someone is brought out of the water and needs additional care?

The best thing YOU can do is CALL FOR HELP!

There are classes offered in every community to help you train and learn what to do if a drowning occurs and how to provide care until EMS arrives.



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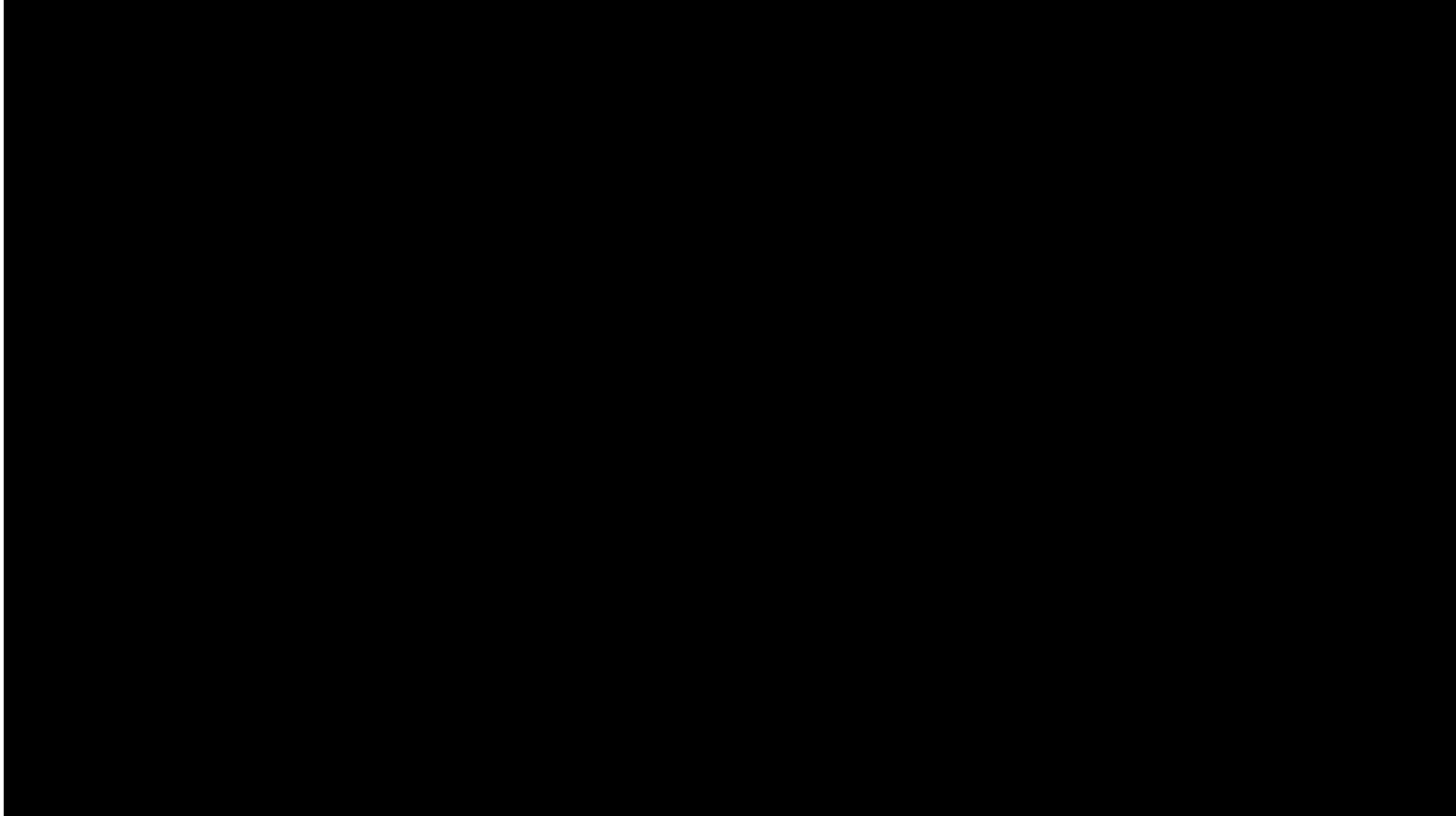


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Don't become a statistic



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