



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

Association of Aquatic Professionals  
Drowning Prevention Program





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

## Overview



Association of  
Aquatic Professionals



# What does **R.E.S.P.E.C.T** mean to you?

Respect is a feeling or understanding that someone or something is very important or serious and should be treated in an appropriate way.



# R.E.S.P.E.C.T .....What is it?

Do you like to take bike rides?



Association of  
Aquatic Professionals



# 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





# R.E.S.P.E.C.T

RECOGNITION



Association of  
Aquatic Professionals

# RECOGNITION

Recognition is knowing what something is because you have seen it before, or you have learned about it before.



Association of  
Aquatic Professionals

# RECOGNITION



Make sure the water you are swimming in is safe!



Association of  
Aquatic Professionals

# RECOGNITION

What does someone that can't swim look like?

Why is it important to recognize if someone 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





R.E.S.P.E.C.T

EDUCATION



Association of  
Aquatic Professionals

# EDUCATION



Education means to learn something.

# EDUCATION

Anyone can drown, even the best swimmers.

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



Association of  
Aquatic Professionals



# 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



Association of  
Aquatic Professionals



# 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?





R.E.S.P.E.C.T

SUPERVISION



Association of  
Aquatic Professionals



# SUPERVISION

Supervision means to watch.



Association of  
Aquatic Professionals

# SUPERVISION



Who supervised you while you swim?

Why is it important to have someone supervise swimming?

Direct, constant supervision will help to keep you safe.



Association of  
Aquatic Professionals



# SUPERVISION



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



Association of  
Aquatic Professionals

# SUPERVISION



Who needs to be supervised?

Who should supervise you?

Should you swim alone?



Association of  
Aquatic Professionals



R.E.S.P.E.C.T

PHYSICAL BARRIERS



# PHYSICAL BARRIERS

A physical barrier is something you can touch that stops you from doing something.



# PHYSICAL BARRIERS

What do you think a physical barrier at a pool might be?

How can these things keep you safe?



# PHYSICAL BARRIERS

Have you used a lifejacket?

What is it used for?

When should you use a lifejacket?

Do you still need supervision even if you are wearing a lifejacket?



Association of  
Aquatic Professionals



R.E.S.P.E.C.T

EXPECTATIONS



# EXPECTATIONS

Expectation is an understanding of what is going to happen before you do something.



# EXPECTATIONS

Part one:

- Set expectations for swimmer behaviors before you take/allow them to swim.

What does this mean?

Why is this important?



Association of  
Aquatic Professionals

# EXPECTATIONS

Part two:

- Know your own swimming ability and what to expect while swimming.

What does this mean?

Why is this important?



Association of  
Aquatic Professionals



R.E.S.P.E.C.T  
COMMUNICATION





# COMMUNICATION

Communication is to give information by speaking, writing, or other ways.



Association of  
Aquatic Professionals

# COMMUNICATION

Why is it important to communicate?

How do YOU communicate while you are swimming?

How does your parent, teachers, or caregivers communicate with you?

How do the people in charge of the pool/water area you are swimming in communicate with you?



Association of  
Aquatic Professionals

# COMMUNICATION

What are some things that should be communicated to all people that swim?

Why are there rules for pool/water areas?

Can you name some rules?





# COMMUNICATION

Communication to you and other people swimming is only one way we communicate around the water.

You can also communicate if you need help.

How can communication help you while you swim?



Association of  
Aquatic Professionals



R.E.S.P.E.C.T

TRAINING



# TRAINING



Training is to learn and practice a skill or behavior.



Association of  
Aquatic Professionals

# TRAINING



Training consists of two parts. The first is:

- Learning to swim

How can learning to swim help to prevent drownings?





# TRAINING

What do you think the second part of training is?

Knowing what to do in an emergency situation is the other part!

When someone is in trouble GET HELP! Yell, call, do whatever you can to get help.

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

What can you do?

Reach or throw, don't go.



Association of  
Aquatic Professionals



# R.E.S.P.E.C.T





# 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





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

Don't become a statistic

