

Upcoming Events:

July 7, 2010, 9:00am
Children & Families
Program Committee
Health & Human
Services Building

ACAPC Meetings

July 19, 2010
10:00 to 11:30am
Health & Human
Services Building,
Conf. Room A

September 20, 2010
10:00 to 11:30am
Join us for an over-
view presentation
about the council.



Happy 4th!

ACAPC is now on
Facebook!

Amador Child Abuse Prevention
Council

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July 2010



Don't Let Your Child Be a Drowning Victim

Summer is here and we're all heading to the water to cool off and have fun. Please keep in mind these important water safety tips to keep your children and teens safe.

Drowning is the second leading cause of death from unintentional injuries for youth aged 1 to 14, and the fourth leading cause of death for all ages, according to the CDC National Center for Injury Prevention.

Drowning can occur in home pools, community pools, rivers, oceans, lakes, water parks, bathtubs or even large buckets.

- Children under age 1 most frequently drown in bathtubs and buckets.
- Children ages 1-4 most often drown in swimming pools.
- Children ages 5 to 14 most often drown in open water sites and pools.
- Teens most often drown in rivers and lakes.

⇒ **Fact:** *Swimming lessons will not prevent a child from drowning. Even if children know how to swim, they may not realize when they are in trouble and could drown.*

⇒ **Fact:** *Drowning is a silent death. A child, being top heavy, may quietly sink to the bottom of the pool or river.*

⇒ **Fact:** *Children can drown in the time it takes to answer the phone.*

⇒ **Fact:** *Near drowning victims usually suffer severe brain damage.*

What You Can Do!

- Know CPR.
- Carry a portable phone whenever or where ever you and your children swim.
- Designate a Water Watcher. It only takes a few seconds for a child to drown.
- Never allow your child to go to a river to swim alone or in an undesignated swimming area.
- Never allow small children to swim in rivers or lakes without a life jacket.

Safety Tips for Teenagers and Adults

- Swim with a buddy; never swim alone.
- Know your swimming limits and stay within them. Don't try to keep up with a stronger skilled swimmer or encourage others to keep up with you.
- Keep an eye on weaker swimmers - if they appear tired, encourage them to rest on land.
- Alcohol and swimming don't mix. Alcohol impairs your judgment, balance and coordination. It affects your swimming and diving skills and reduces your body's ability to stay warm.
- Obey "No Diving" signs. Enter feet first into water, rather than headfirst, if you don't know the depth.
- Watch out for the "dangerous too's" - too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Swim in supervised areas only.

