

# 5 Crucial Facts:

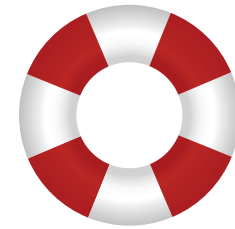
- Drowning is the leading cause of injury death for children ages 1-4.
- Young children most often drown in an unsecured backyard pool owned by a family member, friend, or neighbor.
- Most child drowning victims were not expected to be in or near the water but slipped away unnoticed while adults were distracted by routine activities.
- Many drowning victims were missing for only a few minutes before being discovered in the pool.
- Drowning is swift and silent. There is no splashing sound or cry for help. Brain damage and death can occur within 2 to 5 minutes.

## Our Mission is to Protect Children

The mission of the Drowning Prevention Foundation is to prevent childhood drowning through public education, access to water safety resources, and policy change.

Through our *Kids Aren't Drownproof* Program, volunteers and community partners provide free water safety education and resources to children and adults such as storybooks, CPR instruction, swimming lessons, life jackets, and more.

# Children Drown in Silence



**Drowning  
Prevention**  
FOUNDATION

*Be a Lifesaver*



**Drowning Prevention**  
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# To Protect Your Children

## Prevent Unsupervised Access

- Use multiple barriers to prevent your child from getting to the pool. If one fails, another may buy you precious time to recover your missing child before it's too late.
- Surround your pool with a **four-sided isolation fence**, with a self-closing, self-latching gate.
- Alarm all house doors and windows so you will know if your child is trying to get out.
- Install a water disturbance alarm to alert you if your child falls into the pool.
- Remove, or fold up, ladders on aboveground pools **every time** you leave the area.
- Drain baby pools **immediately** after each use.
- Remove objects a child could climb on to reach the pool.

## Supervise Water Play

- Never leave your child alone near **any** body of water. A child can drown in as little as one inch of water.
- Designate a responsible adult to watch children playing in and near water.
- Stay within arm's reach of inexperienced swimmers.
- At public pools and beaches, always swim near a lifeguard. But lifeguards are not babysitters; stay close and keep your eyes on your children **constantly**.

## Teach Your Child, Yourself, and Others

- Enroll your children in swimming lessons. If you can't swim, learn now.
- Learn CPR. The sooner CPR is started, the better the chance for recovery.
- Teach your water safety rules to babysitters, grandparents and others who care for your children.
- Tell everyone that if a child goes missing they should check the pool area and other nearby water features **first**.
- Share what you know with other parents and child caregivers.
- Learn how to fit your child with a Coast Guard approved lifejacket and have them wear it when in or around open water. Weak and inexperienced swimmers should wear it at the pool too.



## Our Founder's Story

On July 14, 1978, Nadina Riggsbee and her husband left their two - year old daughter, Samira, and their one-year old son, JJ, with a babysitter while they went out to dinner. That evening, the babysitter unlocked the patio door to let the dog out. Later, while the babysitter was in the bathroom, Samira and JJ slipped out through the unlocked door. A few minutes later, the babysitter was horrified to find the sliding glass door open and both children floating face down in the pool.

Samira died. JJ suffered severe, permanent brain damage.

## Channeling grief to advocacy

In 1984, Nadina got the world's first swimming pool fence law passed in Contra Costa County, California. In 1985, she founded the Drowning Prevention Foundation, the first nonprofit dedicated to drowning prevention.

