



INFORMATION SHEET 1

ALWAYS SWIM WITH A BUDDY

INFORMATION SHEET – ALWAYS SWIM WITH A BUDDY

It is very important to always swim with a buddy; whether you are a skilled swimmer or a beginner does not matter, and neither does your age. Never go swim alone – you never know what could happen!

FACTS

When someone is alone in the water, their chances of survival are drastically reduced in case of an emergency, since no one can immediately come to help. Highlights from drownings and other water-related incidents in Quebec between 2000 and 2008 show that 28% of victims were alone when they drowned, and that there were no adults in 50% of cases where a child between 0 and 5 years old drowned while bathing.

WHAT SHOULD YOU DO IF SOMEONE IS IN DISTRESS?

1. Stay calm;
2. Encourage the person to swim towards a safe location;
3. Throw a buoyant aid, if possible;
4. Go get help.



PREVENTION AND SUPERVISION

Children always must be supervised. A short moment of inattention can be fatal: sometimes, 15 to 20 seconds are enough for a child to drown – and this happens in silence. People make the mistake of thinking that a drowning child will scream or call for help. All it takes is for the parent to be away for a brief moment (for example, to go answer the phone inside the house), and a child can end up being in distress in water. This is one of the reasons why it is crucial to always properly restrict access to the residential pool.

SAFE SUPERVISION OF GROUPS OF CHILDREN IN AN AQUATIC ENVIRONMENT

BUDDY SYSTEM

It is strongly recommended to use the buddy system when groups of children go to the beach or to the pool, even when they are supervised by lifeguards. Each child is paired with another, and they are both responsible for supervising their buddy. As soon as someone is in distress, their buddy can help by calling for help or giving a buoyant aid. When the supervisor calls "buddy system", each pair must get together. This allows the supervisor to easily see if everyone is there.

CHILDREN SUPERVISION - RESIDENTIAL POOLS

THREE PREVENTION RULES

VIGILANCE:

- Be ready to handle any eventuality.
- Have the house's address and a list of important phone numbers near all phones.
- Never leave toys in the pool.
- Always have a lifesaving object (reaching pole, buoy, lifejacket) near the pool.
- Establish safety rules (for example, no diving).
- Know first aid and cardiopulmonary resuscitation techniques.

INACCESSIBILITY:

- Install physical barriers to ensure the pool is not accessible.
- Refer to the *Residential Swimming Pool Safety Regulation*.

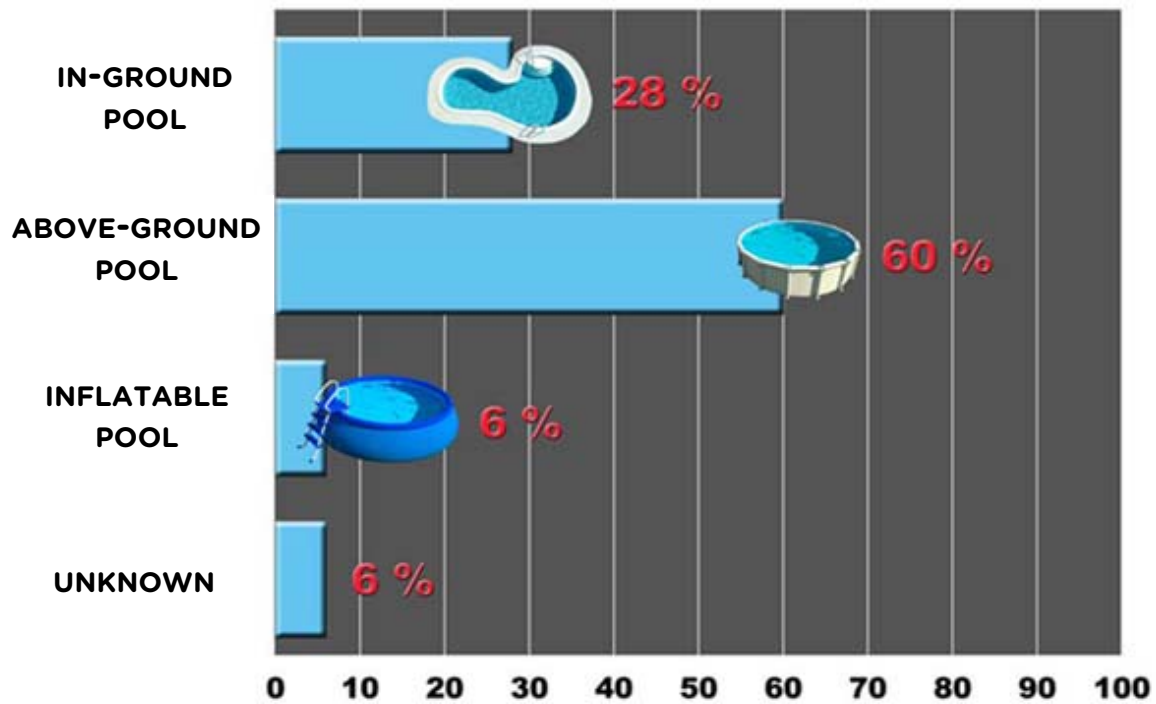
SUPERVISION :

- Assign an adult to supervision.
- Know how to recognize signs of drowning.
- Ensure you always have a cordless phone to avoid having to go back into the house to make or answer a phone call.
- Warn people around you that you are out supervising children.
- Children always must have a buoyant aid when they are in water.
- If an emergency arises and you can no longer supervise children, ask them to come inside the house with you.
- It is strongly recommended to go in the pool with children.

Even if children have been forbidden access to an aquatic installation, they can disobey; this is why physical barriers are crucial for avoiding incidents. A Lifesaving Society patrol can assess your residential aquatic installation. For more information, visit our Web site at <http://www.perfectswimming.com/>. You can take a self-evaluation test to know if your installation is safe, and learn how to make it safe if it is not already.

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IN WHAT TYPES OF POOLS DID CHILDREN AGED FROM 0 TO 12 YEARS OLD DROWNED BETWEEN 2000 AND 2008 IN QUEBEC? (n=62)



Source: Lifesaving Society

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