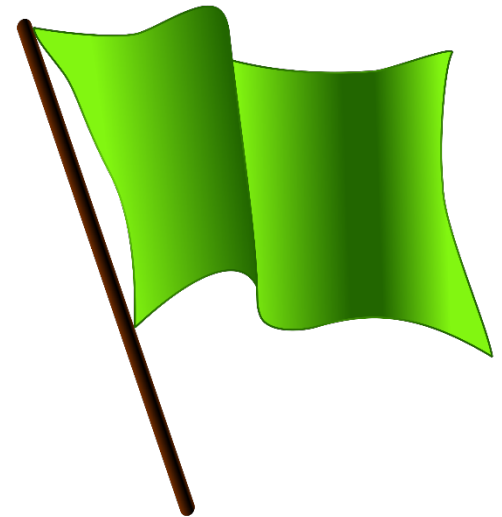
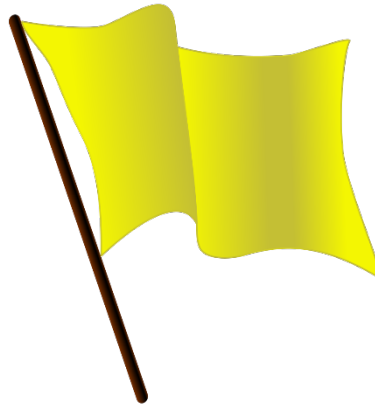
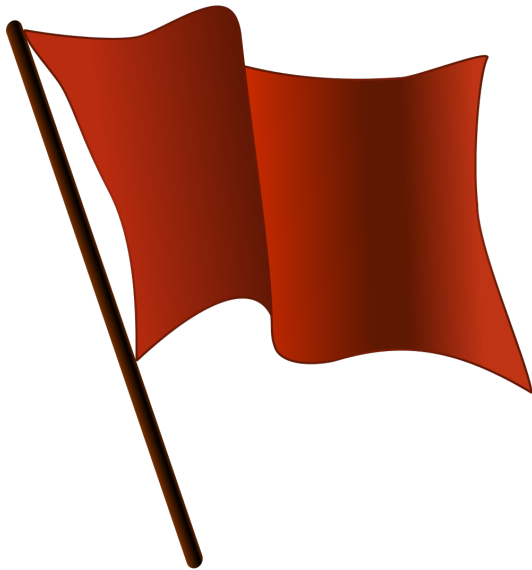


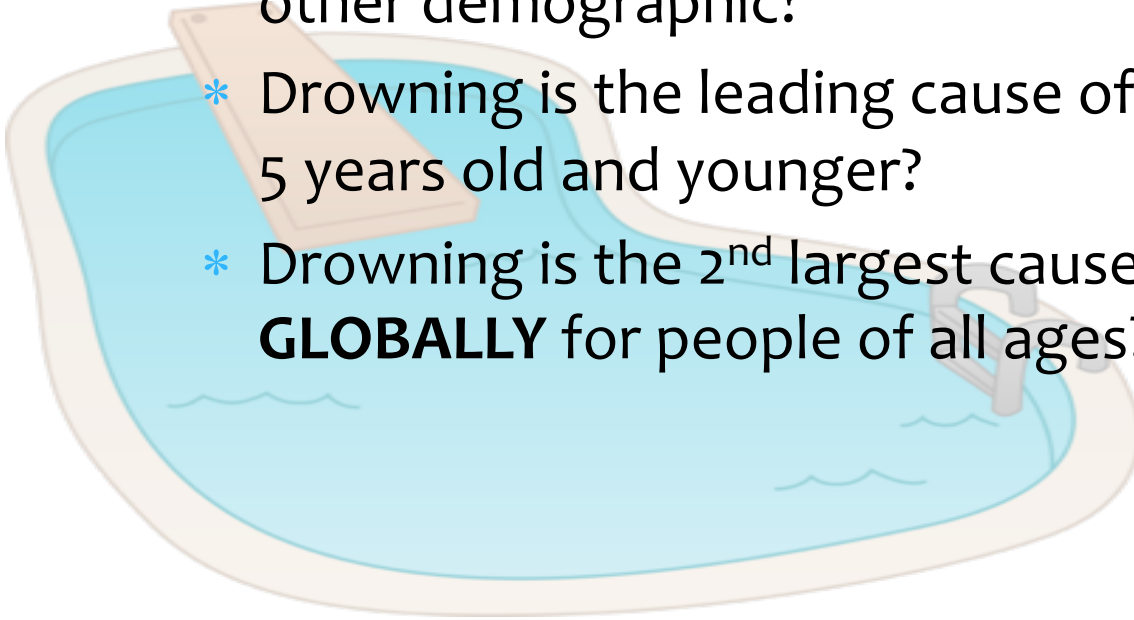
# Know Before You Go



# Know Before You Go

## Did You Know?

- \* Drowning is the 2<sup>nd</sup> largest cause of death for children 14 and under in the US?
- \* African American children drown 3x more than any other demographic?
- \* Drowning is the leading cause of death for children 5 years old and younger?
- \* Drowning is the 2<sup>nd</sup> largest cause of death **GLOBALLY** for people of all ages?



# Know Before You Go

## What Can You Do to Make a Change?

- \* **LEARN TO SWIM!** It is healthy, keeps you safe when you are in water, and is **FUN**.
- \* Drowning can happen in less than 2 minutes and in less than 2 inches of water, so the best defense against drowning is knowing how to swim.



# Know Before You Go

## When at the pool...

- \* **DO NOT RUN**
- \* Look for depth markers.
- \* Look before you jump– don't dive into shallow water.
- \* Swim at a depth that is safe for you– “know your limits”
- \* Don't push or jump on others.
- \* Don't chew gum or eat while you swim.

# Know Before You Go

## Request for Full Presentation



Do you want to learn how to be safe in more locations (at home, at lakes, rivers, water parks, on boats, and at the beach)?



Do you know what a Rip Current is? How to survive if you get caught in a Rip Current ?



Interested in the full PowerPoint presentation?

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