

Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning.

Plan ahead for aquatic activities:



- Provide close and constant attention to children you are supervising in or near water.
- Fence pools and spas with adequate barriers, including four-sided fencing.
- Learn swimming and water-safety survival skills.
- Children, inexperienced swimmers, and boaters should wear U.S. Coast Guard-approved life jackets.
- Always swim in a lifeguarded area.



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Chain of Drowning Survival

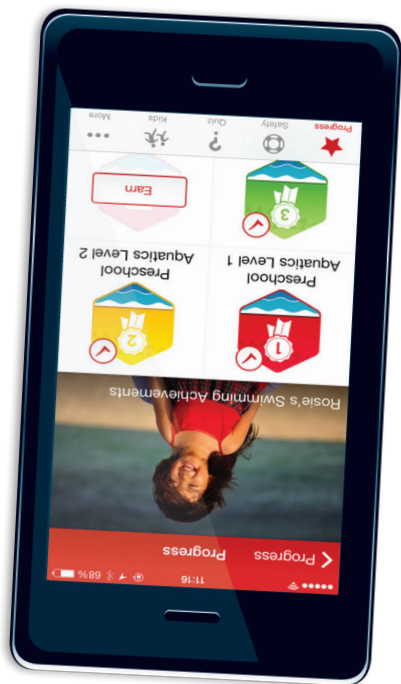
A person who is drowning has the greatest chance of survival if these steps are followed:



- Recognize the signs of someone in trouble and shout for help.
- Rescue and remove the person from the water (without putting yourself in danger).
- Call emergency medical services (EMS).
- Begin rescue breathing and CPR.
- Use an AED if available and transfer care to advanced life support.



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- Track progress and earn badges
- Learn more about water safety

Get the most out of Red Cross swim lessons with the Swim App.

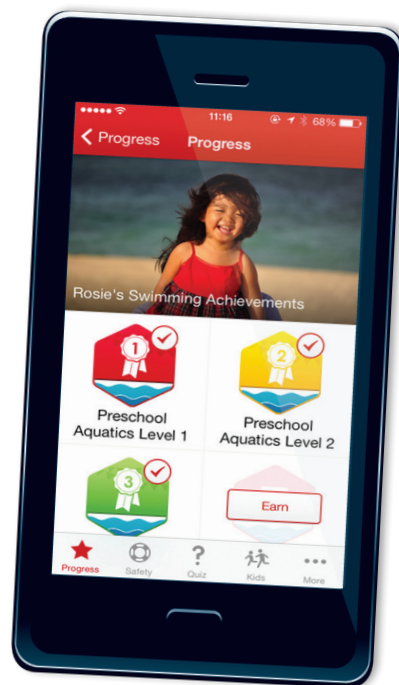
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