



## Drowning Awareness

Drowning looks very different than how it is commonly portrayed on television. In real life, it is often quiet, undramatic and can happen very quickly. People often miss a chance to help someone because they do not realize when a person is actually drowning. This explains, in part, why a large number of children drown within close proximity of a parent or other adult.

When a person in the water is yelling for help and thrashing, he or she is likely experiencing aquatic distress. A person in aquatic distress needs help, but they are not to the stage of drowning.

Except in rare circumstances, drowning people are physiologically unable to wave or call out for help.

When drowning, people's bodies remain upright in the water with no evidence of a supporting kick.

Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

When in or near water supervision is a must, regardless of swimming abilities.

