



RESOURCES

Drowning Prevention Coalition of Broward County http://browardchd.org/healths_drowning.aspx	(954) 213.0712
Swim lesson information & water safety education	
American Red Cross www.redcross.org/fl/miami CPR & water safety education	(800) RedCross
CPR, Etc. http://www.cpr-etc.net/about-us.shtml	(954) 325.2721
UM-NSU CARD http://www.umcard.org	(800) 9.AUTISM, Ext. 2
Broward County Parks & Recreation, Special Needs http://www.broward.org/PARKS/PROGRAMSCLASSES/Pages/SpecialPopulations.aspx	(954) 357.8170
Exceptional Student Education/ FDLRS, Parent Services http://www.fdlrs.org/parent-services.html	(754) 321.2211
MCH Marino Adapted Aquatics Certification and Water Safety Program http://www.mch.com/page/EN/5706/Swimming-Instruction-and-Water-Safety-Program/MCH-Marino-Adapted-Aquatics-Certification.aspx	(954) 385.6221
Safetynet by Lojack https://www.safetynetbylojack.com	(877) 434.6384

DROWNING AND CHILDREN WITH AUTISM

Water safety and drowning prevention are critical for families of children with autism to consider. Please read this information carefully, share it with all family members as well as others who provide care for your child. This will ensure that everyone is aware of potential dangers, appropriate safety precautions, and community resources.



The University of Miami-Nova Southeastern University CARD is a resource and support program funded by the Florida State Department of Education, dedicated to improving the lives of individuals with autism and related disabilities, including deaf blindness and sensory impairments with other disabling conditions.

DROWNING PREVENTION & AUTISM



“Protect your children from the dangers of the water.
We support water safety education in memory of Kaitlin 2003-2008.”

Created by: Task Force on Water Safety for Children with Autism Spectrum Disorders (ASD) and Related Disabilities

Facts on Drowning

- According to the American Red Cross, it takes as little as a four-inch opening for a child to escape.
- It takes as little as two inches of water and less than 20 seconds for a child to drown.

What should parents & caregivers of children with autism do?

- Educate yourself about drowning prevention issues.
- Create an Emergency Preparedness Plan in case your child with autism wanders away.
- Share your plan with your family, neighbors and emergency personnel and tell them about your child with autism's special needs.
- Get swim lessons for your child & water safety instruction, including CPR, for all of your family members & caregivers.



Children with autism are fascinated by water...

Parents must take action to keep their children with autism safe from drowning

Practice the **ABCD**'s of drowning prevention:

- **A**dult Supervision
- **B**arriers
- **C**lasses on water safety education, swim lessons and CPR
- **D**rain Safety

Adult Supervision is the most important prevention measure. Even for children who can swim, it is critical to have watchful eyes 100% of the time.

Barriers such as fencing, help protect children but they are not enough. In order to ensure our children's safety, additional barriers such as pool, door & window alarms as well as self-locking and self-latching gates are often necessary. Child anti-drowning alarms can also serve as a barrier.

Classes for water safety are available. Swimming lessons can begin as young as 6 months of age. The American Red Cross offers CPR courses that can be a true lifesaver. See our resource list for contact information on water safety classes, swim and CPR lessons.

Drain Safety is important to prevent suction entrapment injuries and possible death. Encourage children to stay away from drains. Know where your pool or spa's cut off switch is located in case a suction incident occurs. Pool professionals can check drain covers to determine whether or not they are safe.

Children who wander are at higher risk for drowning. **Safety Net** helps families obtain electronic tracking bracelets to speed recovery for a child who wanders. See the resource list for their contact information.



If you have a child with autism, you need to have an Emergency Preparedness Plan

Be sure to develop an Emergency Preparedness Plan before it is needed. For full information about preparing a plan for your child with autism and an "Autism Emergency Contact Form," go to:

www.autismriskmanagement.com