

# FIRST RESPONDERS AGAINST DROWNING

# #SPLASHSAVVY

## CREATE YOUR OWN DROWNING DRILL!!

### ITEMS YOU WILL NEED

- A doll or other life size item (preferably that sinks)
- Phone (cell phone and/or landline) (practice multiple times with different phones in the home)
- Stopwatch

### DROWNING DRILL TIPS FOR CHILDREN

- Educate child on expectation in and around the water
- Toss the doll or other life size item into the water
- Start the stopwatch and say GO!
- Instruct child to get an adults attention right away, if there are barriers between children and adults teach children to scream, yell and knock on barriers to get the attention of the adults
- Instruct child to unlock (if necessary) the closest phone and mimic a call to 9-1-1, you pretend to be the dispatcher and ask the child the address of the incident
- Stop the stopwatch after the child gives you the address, note the amount of time and beat it next time

### DROWNING DRILL TIPS FOR TEENS AND ADULTS

- Educate teens and adults on expectation in and around the water
- Toss the doll or other life size item into the water
- Start the stopwatch and say GO!
- Instruct person to direct someone nearby to call 9-1-1 and retrieve doll/life size item from the water
- Instruct caller to unlock (if necessary) the closest phone and mimic a call to 9-1-1, you pretend to be the dispatcher and ask the caller the address of the incident
- Simultaneously, instruct initiating teen/adult to begin CPR
- Stop the stopwatch after the caller gives you the address and the initiating teen/adult gives two cycles of CPR, note the amount of time and beat it next time

**CHECK OUT [MARANAAZ.GOV/SPLASHSAVVY](https://www.maranaaz.gov/splashsavvy) FOR  
RESOURCES, CLASSES AND MATERIALS!**

