



**US Army Corps  
of Engineers.**

## **"ZERO DROWNINGS" WATER SAFETY PROGRAM**

### **Example Outline of Program Performed by Corps Park Rangers**

I. Introduction of Rangers/ Presenters

II. Summary of Drownings on Kerr Lake.

III. What Can You Do to Be Safe Around Water?

- a. swim with a buddy
- b. tell your parents where you are
- c. parents or adult watch children
- d. careful where you walk and swim; drop-offs
- e. don't swim too far out – remember, you have to come back
- f. take a swimming class
- g. wear a life jacket – especially at lakes and ponds; but good idea at swimming pools if you can't swim

IV. What do to if someone is in the water and in trouble?

- a. only takes a few minutes to drown
- b. people that are drowning don't shout for help – they are trying to breath
- c. what you can do
  1. Reach, Throw, but don't go
  2. call out for help
  3. reach with a limb or an oar
  4. throw them a life jacket, or water cooler, or something that floats
  5. don't go after them – very dangerous

V. Different type of life jackets (from kit)

VI. Life jackets should be:

- a. the right kind
- b. the right size
- c. the right fit
- d. the right condition
- e. right number

VII. Demonstrate how to put them on (using jackets from kit)

VIII. "Overloaded Boat" Game

Get volunteers from audience to play "overloaded boat" game. Students act out sinking boat and grab "life jackets" as they sink.

IX. Who Survived?

- a. Each student then demonstrates the type of Life Jacket (PFD) that they grabbed. Each PFD is different, some are legal some not, some in good shape, etc.
- b. Ranger explains the reasons the student did or did not survive (Audience participates)
- c. Each student holds a sign with one of the following  
"Rules of Life Jackets": Right Size, Right Kind, Right Condition, Right Number, Right Way"

X. Conclusion and Review

XI. Teachers receive Water Safety Coloring Books and Posters appropriate for their age groups.

XII. Rangers available for Q & A and one-on-one contact with students and/or staff.

Time: Approx. 45 minutes