



# Water Safety and Lifejacket Fitting Program:

## Implementation Guide for the Trauma Regional Advisory Council Injury and Violence Prevention Grant

### Program Description:

The Water Safety Training and Lifejacket Fitting Program was developed by the US Army Corps of Engineers. The program consists of an educational DVD and curriculum guide that will provide assistance in the proper use of the training material. The program focuses on best practice and evidence-based injury prevention methods related to water safety, drowning prevention, and the proper selection and fitting of lifejackets.

### Projected Costs (est. 10 pregnant women per intervention):

| Description   | Cost           |
|---------------|----------------|
| Products*     | \$1,500        |
| Materials     | \$300          |
| Signage       | \$200          |
| <b>Total:</b> | <b>\$2,000</b> |

\*Lifejackets can be purchased at Wal-Mart, Target, sporting goods stores, and many other local businesses. Lifejacket costs range from \$15 to \$25 each.

Program materials are available from the Statewide Injury Prevention Program or free to download from the U.S. Army Corps of Engineers website. Contact the SIPP Recreational Safety Analyst at 501-364-3395 for more information. Other supplies may be needed.

Promotional media: If you are interested in using media to promote a community-wide Water Safety event, costs will vary greatly. Some examples of media costs include:

- o Billboards: \$300 per month
- o Newspaper ads: \$100-\$200 based upon ad size and geographic market area
- o Note: TV, Radio, and Newspaper PSA's could possibly be acquired through "in kind" donations. Discuss this option with your local media services.

Vendor Information: The most efficient method to obtain an adequate number of lifejackets for your event is to order them at

[www.walmart.com](http://www.walmart.com) (Note: search "life vest" for best results). The jackets can either be shipped to the local store or to a specific address.

### Training Needed:

The Statewide Injury Prevention Program provides a one-hour Water Safety Program Coordinator workshop that should be completed before individuals implement the Water Safety and Lifejacket Fitting Program within their local communities. To register for a workshop, please contact the Recreational Safety Analyst at 501-364-3395.

### Curriculum:

Water Safety and Lifejacket Selection and Fitting resources are available through the Statewide Injury Prevention Program (SIPP) located at Arkansas Children's Hospital Injury Prevention Center and through the U.S. Army Corps of Engineers at their website: <http://www.usace.army.mil/Missions/CivilWorks/Recreation/WaterSafety.aspx>.

Water safety education and lifejacket fittings can be done in schools or other community event settings.

### Implementing a Water Safety and Lifejacket Fitting event within the school setting:

- Program Coordinators should have adequate educational material available to hand to the students and/or parents, as they go over the lifejacket fitting process. This will allow the parents to repeat the correct selection and fitting methods when they use the lifejackets. If addressing a large group, there should be additional



program coordinators at the project site to allow multiple participants to be properly fitted for a lifejacket in a timely fashion.

- If lifejackets are to be issued during the program, be sure to select a vendor and order the jackets well in advance of the training date, based upon vendor availability and number of jackets available for purchase. Remember to order various sizes of jackets for the fitting event; proper ordering will be discussed during the coordinator training.

### **Implementing a Water Safety and Lifejacket Fitting community event:**

- Secure a venue. Costs will vary greatly based upon the type of venue desired. For large community events, the Water Safety Training and Lifejacket Fitting event may be held indoors or outdoors in conjunction with other events (county fairs, health/safety fairs).
- Planning for large community events may require preparation several months in advance (venue selection, ordering of lifejackets, etc.)
- You will need additional trained coordinators to assist with lifejacket selection and fitting based upon the expected number of attendees.

### **Evaluation:**

Program evaluation will be achieved through an initial pre-test and post-test completed by the trained coordinators to assess course effectiveness. Follow-up surveys will be emailed to the trained coordinators at intervals of one month, three months, and one year to determine:

- The number of individuals trained in Water Safety
- The number of individuals properly fitted with their own lifejacket
- The number of individuals properly fitted with a lifejacket provided by the program

**For more information:** Call the SIPP Recreational Safety Analyst at 501-364-3395