



FAQ ABOUT SECONDARY DROWNING

Who is at risk for secondary drowning?

Secondary drowning, sometimes referred to as “delayed drowning,” and often discussed alongside “dry drowning” generally follows an aquatic incident in which when a victim struggled to swim or stay afloat and inhaled a small amount of water into the lungs. What makes secondary drowning particularly scary is that victims often appear to be perfectly fine upon exiting the water, despite the fact that there is a complex physiological process that can be taking place internally that ultimately causes severe complications

Any child or adult who swims or plays in water above their ability ie: rough water, moving water, pool or water slide play for a beginner or prolonged play even for an experienced swimmer is at risk.

What can I do to protect my child?

- Ensure your child knows how to save himself if the need were to arise without struggling
- All swimmers, regardless of skill level, should be supervised by an adult who is a competent swimmer and who has been trained to identify and assist a swimmer in trouble.
- Children and adults who are not proficient swimmers should not be allowed to participate in water sports or slides until they have the swimming skills to do so confidently without relying on floatation devices.
- Roughhousing should not be part of water play.
- Swimmers should take breaks to rest and relax throughout the day and should not continue to swim when cold or fatigued.

What are the signs and symptoms of secondary drowning?

Anyone who has struggled in the water, had to be rescued, or experienced a “near drowning” incident should be monitored closely for up to 48 hours to identify any of these signs:

- Extreme tiredness
- Shortness of breath
- Change in behavior such as confusion, aggressiveness or tearfulness
- Chest pains
- Persistent cough
- Change in skin color

If any of these signs are present, the individual should be taken to an Emergency Room immediately for further evaluation and treatment, as their ability to breathe effectively can deteriorate quickly.

Do ISR lessons put my child at risk?

Absolutely not. ISR has, since 1966 delivered over 7,750,000 million safe and effective ISR Lessons without a single incident of secondary drowning, and here’s why; Certified ISR Instructors are trained extensively to monitor your child, and your child only, closely throughout each lesson to make the experience safe and successful for your child. Even though some children cry during lessons, they are never allowed to struggle in the water. Your Instructor has his or her eyes and hands on your child making sure they are breathing well, releasing air trapped in the abdomen and not experiencing fatigue throughout each and every lesson. ISR techniques are child-centered and based on behavioral psychology, anatomy, and physiology. Further monitoring for safety is done at home with the BUDS sheets and poolside with your Instructor daily.