The Drowning Problem

3 HAVE DROWNED, MORE EXPECTED

While some enjoyed the warm sun, others engaged in horsplay on a raft on Lake Tippe at Allen Yorka Park, where in June, 18-year-old Bonney Lake High School student Quentin Buggin drowned just hours after school let out for the summer. A 20-year-old Minnesota man died in the lake Saturday.
Leading risk factors

- Age: young child, teen, young adult
- Gender: males
- Nonwhite/ethnic minority
- Alcohol use
- Young children - in or near water; Teens - swimming in lakes and rivers;
- Boating: No life jacket use; no life jacket use by adult in boat
- No lifeguards or lapse in adult supervision
- Unable to swim
<table>
<thead>
<tr>
<th>Activity</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Swimming</td>
<td>35%</td>
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<tr>
<td>Playing near water</td>
<td>23%</td>
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<tr>
<td>Playing in water</td>
<td>19%</td>
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<tr>
<td>Boating</td>
<td>7%</td>
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<tr>
<td>On raft or inner tube</td>
<td>7%</td>
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<tr>
<td>Unknown/Other</td>
<td>8%</td>
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Source: WA State Child Death Review
Child and Teen Drowning Deaths by County

Open Water Drowning Deaths, Ages 0-19, by County of Injury 1999-2007 (includes non-residents)
Open Water Drowning Prevention Policy Guide

• Short and long-term state and local policy strategies.

• Based on data, best practices, and expert recommendations.

• Focuses on seven action areas:
  – Safer water recreation sites
  – Life jackets
  – Boating under the influence and enforcement
  – Surveillance
  – Swimming skills and water safety education
  – Physical open water barriers (fencing)
  – Partnerships
Life Jackets

- Improve child life jacket law-consider all ages law for paddle boats.
- Increase life jacket loaner programs and standard signage.
- Promote life jacket use at parks and beaches
When adults wear, children and teens wear
Life Jacket Loan Programs - Statewide

• Sponsored by Safe Kids Coalitions, parks departments, marine law enforcement, PUDs, Army Corps of Engineers, fire stations, etc., located at swimming and boating areas.

• Promote the loaner programs in your area and start new ones.
Borrow a Life Jacket
Toma prestado un chaleco salvavidas

   Toma prestado un chaleco salvavidas.

2. Check the label – Choose the right size.  
   Comprueba la etiqueta – Elije el tamaño correcto.

3. Fasten all buckles, zippers and straps.  
   Abrocha todas las hebillas, cierres y correas.

4. Make sure it fits correctly. It should be snug, but not tight.  
   Asegúrate de que te quede correctamente. Debe quedarte ajustado pero no apretado.

5. Wear it here. Leave it here.  
   Úsalo aquí. Déjalo aquí.

Supported By:

In Partnership With:
Washington State Drowning Prevention Network  
Provide adult supervision at all times  
Borrow and use life jacket at your own risk  
Proporcionar supervisión adulta en todo momento  
Toma prestado y usa chaleco salvavidas bajo tu propio riesgo  
Life Jackets Save Lives  
Los chalecos salvavidas salvan vidas
Washington State Life Jacket Loaner Program Locations

Wearing life jackets when playing, swimming, or boating in lakes, rivers, and the ocean can help keep you and your loved ones safe. Bring your own lifejackets or plan your visit to parks and beaches that have life jacket loaner programs. Use this map to visit a place with a Free Life Jacket Loaner Program.

Life jacket sizes and the number of life jackets vary by location. Some programs are only open during the summer and some may have limited hours. If you're unsure about whether there will be life jackets to borrow, please bring and use your own. To learn more about when and how to use a life jacket, visit www.seattlechildrens.org/dp.

This list is compiled by Seattle Children's Hospital, Washington State Department of Health, Safe Kids Washington, and the Washington State Parks and Recreation Boating Program. Contact drowningprevention@seattlechildrens.org with changes and additions.

Public · 4 Collaborators · 1,025 views
Created on Jul 25, 2012 · By · Updated yesterday
Rate this map · Write a comment · KWL
Life jackets: Get information and a coupon!

Why should people of all ages wear life jackets?

- Drowning is swift, occurring in as little as 30 seconds, and silent.
- In 2013, there were 306 deaths in Washington due to drowning (41 among 4-64 year olds). Safety is for everyone — and drownings are preventable.

When buying a life jacket check for:

- Coast Guard approval label.
- A snug fit. With the life jacket on, raise your arm over your head. Look to the left and right; the chest part of the jacket shouldn’t hit the chin.
- Head support for younger children. A well-designed life jacket will support the child’s head when the child is in the water.
- A strap between the legs for younger children will help prevent the life jacket from coming off.
- Appropriate type of activity and water conditions. There are five different types of life jackets. Check the label or ask the salesperson to describe to you the different types and their purposes.
- Comfort and appearance. This is especially important to teens who may be less likely to want to wear a life jacket.

Guidelines for wearing life jackets:

- Even if you or your child knows how to swim, children, teens and adults should always wear a life jacket:
  - When on a boat, raft or inner tube
  - When swimming in open water like a lake, river or the ocean
  - When playing in or near the water and on docks (for young children)
  - When participating in water activities such as skiing, surfing, windsurfing, jet skiing, etc.

- How do you use a life jacket?
  - Every spring, check the life jacket for fits as well as wear and tear. Throw it away if you find any holes, rips, tears, or rust.
  - Practice wearing your life jackets in the water. Each type of jacket provides flotation in slightly different positions. Make sure your jacket works for you as designed.
  - Never substitute toys, such as water wings, or plastic bags, for a life jacket.

For more coupons or water safety information visit: www.shd.org/topics/drowning.asp

BIG 5
Sporting Goods
& the Washington State Drowning Prevention Network

25% OFF
the Regular Price
of any Life Jacket
in Stock

Offer good: April 1, 2013 through September 30, 2013

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Adding cabinets and loaner boards to high use areas, both swim and boating. Life Jackets can also be checked out for longer period of time at 5 designated fire stations.
Swimming Skills and Water Safety Education

Increase access to swimming and water safety education, especially among low-income and culturally diverse children, youth, and families.
Women-Only Swims and Lessons

Women Only Swims and Lessons
Seattle and King County

Lesons and Open/Lap Swim
Southwest Pool (West Seattle) - Ages 12 and older
Meadowbrook Pool (North Seattle) - Ages 12 and older
Medgar Evers Pool (Central District) - Ages 6 and older
Evergreen Pool (White Center/Burien) - Ages 3 and older

Open Swim only
YMCA West Seattle - Ages 14 and older
YMCA Matt Griffin (Seatac) - All ages and boys age 7 and younger
Kent Meridian Pool (Kent) - All ages and boys age 6 and younger

For more information call Neighborhood House
Trang 206.407.4723 or Ayaan 206.229.3547

Locations, hours and cost in the back side
April Pools Day
Education tailored for the environment
Events & Fairs:

- Hand on Activity-- Fishing Pond
- School Presentations
- Risk Watch
- Parenting classes & resource groups

Start Safe- Safe Kids Worldwide

- Preschool, Head Start & Early Learning Programs
Unintentional Drowning Rates by Age

WA 1997 - 2011, Age 1 - 29, 40-54

Think Long Term
Tools and Information You Can Use
www.seattlechildrens.org/dp

• Safer Site Checklist
• Life Jacket Loaner Program List and Map
• Boating Under the Influence Policy Brief
• Everyone Swims Toolkit
• Washington State Drowning Prevention Network and Website
• Washington State open water drowning prevention policy guide
• Handouts for parents
And more!
Contact us

Elizabeth ‘Tizzy’ Bennett
Seattle Children’s Hospital
4800 Sand Point Way NE
M/S M1-9 PO Box 5371
Seattle, WA 98105
Elizabeth.bennett@seattlechildrens.org
206-987-5718

Shawneri Guzman
Providence Regional Medical Center
1330 Rockefeller Ave
MOB, Suite 140
Everett, WA 98201
Shawneri.guzman@providenc.org
425-261-3047
This project was supported by grant # 1U17CE001778-01 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors, and do not represent the official views of the Centers for Disease Control and Prevention.
Washington State
Open Water Drowning Prevention: Policy Strategies for Children and Youth
2011–2016
Drowning is one of the leading causes of unintentional death among children and youth. In Washington State, drowning is the second leading cause of unintentional injury death among ages 1–17. In our state, drowning deaths usually occur in open water, such as lakes, rivers, streams, ponds, Puget Sound, and the Pacific Ocean.

Open water drownings are preventable. In a review of unintentional child and youth drownings between 1999–2003, the Washington State Child Death Review (CDR) determined that 85 percent of those drownings were preventable. Interventions, such as life jacket use and lifeguards, could have prevented those deaths.

Everyone can help prevent child and youth drownings and improve open water recreation safety. Together, communities, organizations, cities, counties, and Washington State can promote, develop, implement, and evaluate organizational, regulatory, and legislative policies to improve open water safety for Washington State’s children, youth, and families.

The Washington State Open Water Drowning Prevention: Policy Strategies for Children and Youth 2011–2016 identifies seven priority areas for policy, system, and environmental change:

- Safer Water Recreation Sites
- Life Jackets
- Boating Under the Influence and Open Water Enforcement
- Surveillance
- Swimming Skills and Water Safety Education
- Physical Open Water Barriers
- Partnerships

For each priority area, the Washington State Child and Youth Open Water Drowning Prevention Policy Task Force, together with the Washington State Drowning Prevention Network and local and national resource representatives, identified short- and long-term strategies. These strategies provide communities, organizations, cities, counties, and Washington State with specific ways to prevent open water drownings and to improve open water safety and water recreation opportunities in Washington State.

For more information and resources, please visit the Drowning Prevention Policy page:
http://www.seattlechildrens.org/dp/
**Safer Water Recreation Sites**

Children and youth deserve safer places to play, swim, and enjoy other activities in Washington State’s open waters.

---

### 2011 – 2012

**STRATEGIES:**
- Identify existing water recreation safety standards for bathing beaches, swim areas, and other high use water recreation areas to address issues such as drop-offs, lifeguard coverage, water risks, and rescue equipment availability
- Research and compile recommended best practices for water safety signs and symbols

**MEASURES OF SUCCESS:**
- Site standards identified and shared with water recreation organizations
- Identified and agreed upon signage recommendations
- Lifeguard training standards developed and shared with water recreation organizations

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### 2013 – 2016

**STRATEGIES:**
- Develop and pass safer water recreation site standards for Washington State bathing beaches and swim areas
- Develop and implement standards for open water safety signs and symbols
- Promote open water safety rescue and training standards for group supervision settings (e.g., licensed child care providers and summer camp leaders)
- Promote access to lifeguarded beaches during summer recreational months

**MEASURES OF SUCCESS:**
- Site standards developed, shared, and passed
- Signage standards developed and shared with water recreation organizations
- Healthy Youth Survey results indicate increased use of designated and/or lifeguarded swim areas for youth
- Training standards available for group supervision settings
- Availability of lifeguarded beaches in the summer months

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**Policy Change in Action**

Through policy advocacy, the King County Child Death Review (CDR) Team helped prevent youth drowning in the Lake Washington Ship Canal. On behalf of the CDR Team, the Public Health Seattle & King County Director sent a letter to the Mayor, City Council, and Police Chief supporting and encouraging the prohibition of swimming in the Lake Washington Ship Canal. With the CDR Team’s support, the Seattle Harbor Code prohibited swimming in the Lake Washington Ship Canal. Since the revision of the Harbor Code, there have not been any youth drownings in the Lake Washington Ship Canal.
Life Jackets
Life jackets protect everyone in, on, and around open water.

2011 – 2012

STRATEGIES:
• Improve Washington State child life jacket law to require children age 17 and under to wear life jackets on boats
• Increase number of life jacket loaner programs at sites used by swimmers and boaters
• Promote life jacket use at city, county, and state parks
• Develop and promote standard signage for life jacket loaner programs

MEASURES OF SUCCESS:
• Improved child life jacket law proposed
• Increased number of life jacket loaner programs
• Increased access to life jackets and information at public parks with water access
• Increased consistency in life jacket loaner program signage across the state

2013 – 2016

STRATEGIES:
• Improved child life jacket law bill is heard by the legislature
• Implement policies at the local level allowing life jackets in pools and at bathing beaches
• Develop and implement policies requiring mandatory life jacket use when on high risk/high use waterways

MEASURES OF SUCCESS:
• Increased use of life jackets
• Improved child life jacket law implemented
• Increased number of local level policies requiring life jackets
• Increased access to life jackets at public pools and bathing beaches

Policy Change in Action
In July 2010, the Associated Press issued a release highlighting the enforcement of an all ages life jacket requirement on the Spokane River. According to the Associated Press, the Spokane County Sheriff’s Office Marine Patrol Unit wrote over 45 tickets for life jacket violations on one day. Deputies also reminded people that everyone, including people in inner tubes, must wear a life jacket. Only swimmers are exempt from the life jacket requirement.
Boating Under the Influence and Open Water Enforcement

Open water safety, like road safety, is a priority for Washington State.

2011 – 2012

STRATEGIES:
• Strengthen Washington State’s boating under the influence (BUI) law, including implied consent and increased penalties

MEASURES OF SUCCESS:
• Improved BUI law passed and communicated to marine law enforcement and the boating public
• High visibility enforcement
• Number of citations issued

2013 – 2016

STRATEGIES:
• Promote water and boating safety training at both local and state level for marine patrol and state park rangers
• Improve marine patrol staffing, supported by boater registration fees

MEASURES OF SUCCESS:
• Open water safety training occurs for both marine patrol and state park rangers
• Changes in boater registration fees

Policy Change in Action

The Washington Alliance for Mandatory Boater Education (WAMBE), a group comprised of representatives from the boating industry, recreation boating groups, government, law enforcement, and marine safety groups, formed in 2002 with the sole purpose of developing and passing a bill for mandatory boater education in Washington. Governor Gregoire signed the bill into law in May 2005.
Surveillance
We can learn from fatal and non-fatal drowning among children and youth to prevent future tragedies.

2011 – 2012
STRATEGIES:
• Add questions on swimming ability and use of designated/lifeguarded swim areas to the Healthy Youth Survey
• Identify all available data sources and content on child and youth open water drowning
• Conduct life jacket observations of recreational boaters and develop plan to repeat every three years

MEASURES OF SUCCESS:
• Questions added to Healthy Youth Survey
• Data sources and information compiled
• Life jacket observations conducted

2013 – 2016
STRATEGIES:
• Develop and implement standards for drowning death data collection including:
  ■ standardized drowning death investigation procedures
  ■ criteria to determine when an autopsy is needed
  ■ blood alcohol levels on death certificates
  ■ toxicology screens of children 10 years and older
• Support the continuation of local and state Washington Child Death Review (CDR) to review drowning deaths and identify risk factors
• Develop a comprehensive database to track all fatal and non-fatal drownings
• Require reporting of fatal and non-fatal drownings that occur in state, county, and city parks

MEASURES OF SUCCESS:
• Drowning death data collection standards used by marine patrol, coroners, and medical examiners
• CDR teams review drowning deaths
• Existence of drowning database
• Reporting of drownings that occur in public parks

Policy Change in Action
The drowning prevention report, done by the Washington State Office of Financial Management in 2002, recommends the State Parks and Recreation risk management position reports at the executive headquarters level. The parks risk manager addresses all agency functions, including incident data collection and analysis, loss prevention analysis and training, and intra/inter-agency liaison work around drowning prevention and other risk areas.
Swimming Skills and Water Safety Education
All children, youth, and families can access swim lessons and water safety education to safely enjoy water recreation activities in Washington State.

2011 – 2012

STRATEGIES:
• Increase access to swimming, especially among low-income and culturally diverse children, youth, and families

MEASURES OF SUCCESS:
• Policy changes implemented to increase access to swimming

2013 – 2016

STRATEGIES:
• Promote swimming skill competency and water safety education requirements for all youth in school

MEASURES OF SUCCESS:
• Number of school districts that offer swimming skills and/or water safety education
• Document number of public swim lesson programs with low cost or no cost options

Policy Change in Action

Everyone Swims is a partnership of over 30 pools, aquatic recreation organizations, and community health clinics in Seattle and King County. They are working together to develop and implement policies and systems that will increase access to swimming and water recreation opportunities in underserved populations. Everyone Swims focuses on improving scholarship eligibility policies and systems, changing policies and practices in community clinics to include screening for swimming ability in children, and developing a system to address barriers to swimming and water recreation.
Physical Open Water Barriers
Physical open water barriers protect Washington State’s children and youth.

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<td><strong>STRATEGIES:</strong></td>
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<tr>
<td>No strategies identified for 2011–2012</td>
<td>• Identify and promote standards for fencing around irrigation ditches and private ponds</td>
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<td><strong>MEASURES OF SUCCESS:</strong></td>
<td><strong>MEASURES OF SUCCESS:</strong></td>
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<td>• Standards developed and shared</td>
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**Policy Change in Action**

In 2007, the Washington State Building Code Council (WSBCC) moved the optional private pool and spa barrier provisions of the 2006 International Residential Code from the appendix to the body of the Code, which made private pool and spa barriers a statewide requirement for new construction. As a staff person from the WSBCC described, the change, “was a monumental move…in fact it passed unanimously.” While the change took a significant amount of time, the Code revision was a major public health triumph for the children of Washington State.
Partnerships
Open water safety is everyone’s responsibility.

2011 – 2012

STRATEGIES:
• Build partnerships with organizations, associations, and coalitions involved in water safety and water recreation
• Create opportunities for networking and collaboration on drowning prevention, water safety, and water recreation
• Identify policy priorities for the Washington State Drowning Prevention Network

2013 – 2016

STRATEGIES:
• Develop, propose, and pass a state statute that requires agency accountability for drowning prevention and water safety
• Establish dedicated funding that includes drowning prevention at the state level
Policy Implementation Plan Template

This template can be used by state and local organizations to create an action plan for open water drowning prevention policy, system, and environment change.

<table>
<thead>
<tr>
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<td>Strategy:</td>
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<th>Actions</th>
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Resources and Other Washington State Drowning Prevention Priorities

Prevention Strategy References
Washington State Drowning Prevention Network and Policy Resources
   www.seattlechildrens.org/dp/
Washington State Childhood Injury Report, November 2004
Child Death Review State Committee Recommendations on Child Drowning Prevention, 2004
   www.childdeathreview.org/reports/WADrowning.pdf
EuroSafe European Association for Injury Prevention and Safety Promotion

Policy Framework References
   Available at: www.hfrp.org

Washington State Child and Youth Open Water Drowning Prevention Policy Task Force

Members
Julie Awbrey, Spokane Regional Health District
Todd Baker, Clark County Sheriff’s Office
Maria Benavides, Yakima Valley Farmworkers Clinic
Elizabeth (Tizzy) Bennett, Seattle Children’s Hospital
Mary Borges, Safe Kids Washington and Washington State Department of Health
Celeste Chung, Seattle Children’s Hospital
Hugh Ewart, Seattle Children’s Hospital
Tony Gomez, Public Health Seattle & King County
Susan Kavanaugh, Washington State Parks & Recreation Boating Program
Ethan Newton, Covington Aquatic Center
Lynda Nutt, U.S. Army Corps of Engineers
Diane Pilkey, Washington State Department of Health
Jeff Polello, YMCA of the Inland Northwest
Dinah Pomeroy, Attorney
Linda Quan, Seattle Children’s and University of Washington School of Medicine
SueAnn Reese, Washington State Department of Health
Alex Sheldon, Seattle Children’s Hospital
Dan Shipman, U.S. Coast Guard 13th District

Deanna White, Paris White Foundation
Kathy Williams, Washington State Department of Health
Facilitators: Vic Colman and Robbi Kay Norman, Uncommon Solutions

Resource Representatives
Tanya Chin Ross, Safe Kids Worldwide
Beth Ebel, Harborview Injury Prevention and Research Center
Gary Fraser, Washington State Department of Health
James Horan, Washington State Parks Boating Program
Dan Hudson, Pierce County Sheriff’s Office
Jeff Johnson, Alaska Office of Boating Safety
Diane Jones, Seattle Parks and Recreation
Alan Korn, Safe Kids Worldwide
Martin Law, Oregon State Marine Board
Jennifer Sabel, Washington State Department of Health
Ellen Schmidt, Children’s Safety Network
Roger Schmidt, LifeSaving Signs
Erica Streit-Kaplan, Children’s Safety Network
Dona Wolfe, Washington State Parks Boating Program
Contacts

Elizabeth ‘Tizzy’ Bennett
Seattle Children’s Hospital
4800 Sand Point Way NE
M/S M1-9 PO Box 5371
Seattle, WA 98105
Elizabeth.bennett@seattlechildrens.org

Kathy Williams
Office of Community Health Systems
Injury and Violence Prevention Program
Washington State Department of Health
PO Box 47853
Olympia, WA 98504-7853
Kathy.williams@doh.wa.gov

For more information, visit the Drowning Prevention Policy page at
http://www.seattlechildrens.org/dp/

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For persons with disabilities this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TTY/TDD 711).
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25% OFF the Regular Price of any Life Jacket in Stock
Offer good: April 1, 2013 through September 30, 2013

Good at all Washington and North Idaho Big 5 Sporting Goods for one time purchase only. Excludes bulk orders, Jansport and Super Value Priced Items. Limit one coupon per customer. Cannot be applied to other coupons or prior purchases. Not redeemable for cash or cash equivalent and must be surrendered at time of purchase. Discounts on multi-item purchases will be apportioned to each item on a pro rata basis. Go to www.big5sportinggoods.com for the location nearest you.
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