
Manual for the prevention of drowning and water accidents in Mexico

Belin Villasante¹

NADOSEGURO¹

Introduction

Recreational water activities are very common in Mexico; its climate and many water resources (rivers, beaches, dams, lakes, hot springs, etc) are conducive to this leisurely and recreational activity, available in rural zones, big cities and especially in tourist areas.

Nevertheless, there is a lack of awareness regarding preventive measures that should be applied with appropriate behavior when frequenting these water sites; drowning is the second major cause of accidental death among children in Mexico.

Schools that teach swimming lessons are an ideal setting for the promotion and dissemination of preventive measures, conduct, and awareness education.

Our experience as swimming instructors who practice this discipline and our awareness of the needs in this field have taught us valuable disciplinary elements that have motivated us to design and produce a manual to complement and enhance the teaching process of swimming and water safety.

Methodology

The methodological foundations of this manual are theoretical and practical, backed by my own experience as a swimmer and my professional experience as a swimming instructor, as well as my knowledge of the various bodies of water in our country. I documented, researched and trained in water security, health education, and how to incorporate them into teaching swimming in Mexico. The main difference and contribution of this manual is that it is directed towards the population that suffers most from these events, namely children, while most of the other manuals are geared towards rescue and safety professionals.

The manual is an educational tool presented in a simple and graphic format, so that young children, teenagers and the entire family can learn the preventive measures corresponding to the different bodies of water in Mexico, with the goal of reducing and/or preventing not only the great number of water-related deaths, but also the many disabilities, both temporary and lifelong, caused by water-related accidents.

The manual has various sections:

Disseminate and promote the teaching of swimming as the best defense to stay safe in the water.

Teach safety and prevention measures.

Explain how one should behave in, on or around water.

Create awareness of the diverse types of bodies of water present in our home and in nature, in addition to artificial bodies of water.

Present the main risk factors that should be considered for each type of body of water.

What to do? How to act? In case of danger. A section for parents giving examples of the most common risk situations that cause accidents.

Today, it is used as basic educational material in certain public and private swimming schools in Mexico.

To date, this manual has been well accepted and has had a positive impact, with encouraging results as a tool to promote prevention education, directly influencing a change in the population's behavior, which would result in fewer accidents. This encourages and motivates us to double our efforts and continue working on the promotion and dissemination of strategies to prevent drowning and water accidents, as well as on creating an awareness of the need to increase water safety measures, as it is a topic that receives very little attention in our country at present.

Corresponding Author

Belin Villasante

Director

NadoSeguro

Ottawa #1422

Colonia Providencia

Guadalajara Jalisco Mexico 44630

Email: belin@nadoseguro.com

Website: www.nadoseguro.com

Telephone: +52 33 15944073