

Research on the Causes and Preventive Measures of Swimming Drowning among Adolescents and Children in China

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Abstract: This paper mainly studies the causes and prevention methods of drowning accidents among adolescents and children in China. This paper mainly uses survey and analysis methods, expert interviews and case analysis methods to investigate the current situation of drowning accidents among adolescents and children in China, understand the real causes of drowning accidents, and summarize them. The study found that there are many places and causes of drowning, mainly including lack of self-rescue and first aid skills, lack of safety awareness and negligence in drowning prevention, and lack of solid drowning prevention education for adolescents and children, and lack of deep awareness of the danger of drowning. In this regard, the following preventive measures are proposed: improve the safety education on drowning prevention, so that adolescents and children can understand the danger of drowning from drowning accidents; improve the drowning prevention education system, carry out a series of water safety education activities, further improve the construction of the drowning prevention system, and establish a joint mechanism between society, schools, and families, and constantly improve the prevention methods.

Keywords: Adolescents and Children; Drowning; Preventive Measures.

1. Preface

According to the World Health Organization, drowning is the leading cause of death for children and adolescents aged 1-24 globally and the third leading cause of injury death, claiming more than 236,000 lives each year. Drowning deaths often occur during everyday activities such as swimming, playing near water, accidentally falling overboard, fetching water at home, taking a boat or ferry, and fishing or fishing. The drowning accident not only caused the loss of the lives of teenagers and children, but also caused serious psychological trauma to countless families, affected social stability and unity, and was not conducive to satisfying the vision of a better socialist life for the Chinese people. Analyze the causes of drowning injury accidents, do it in a targeted manner, prevent it in advance, and strengthen drowning safety lectures into schools, rural areas, and places where there are many left-behind children, especially for children who can only swim in natural waters, and where it is difficult for parents to supervise. Carry out safety education in the right way, further establish and build a comprehensive drowning prevention system and mechanism, and truly achieve the combination of dredging and blockage, prevention and rescue. It is necessary to strengthen ideological understanding, strengthen hidden danger investigation, strengthen inspection and prevention and control, strengthen protective measures, strengthen publicity and education, strengthen care and care, strengthen the combination of dredging and blockage, and strengthen supervision and assessment, so as to form a complete drowning prevention system and mechanism. The continuous occurrence of drowning accidents shows that there are many negligences and loopholes in our work, and the existing drowning prevention mechanisms and systems are still inadequate to a large extent. The purpose of this paper is to find out the shortcomings of the existing drowning prevention mechanism in China through research, by analyzing the internal causes of drowning accidents, and then establish and

improve the monitoring and intervention system to form a complete set of systems.

2. Research Objects and Research Methods

2.1. Subjects of the Study

Taking the mechanism and system of drowning prevention as the research object, the causes of drowning accidents in different scenarios, the existing operation mechanism of drowning prevention, and the existing drowning prevention system are studied.

2.2. Research Methodology

1. Expert interview method. It is planned to conduct interviews with the heads of education departments and relevant experts and scholars. The subjects include the relevant person in charge of formulating the school safety and drowning prevention system, the person in charge of the drowning prevention working group of the Ministry of Education, the National Swimming Sports Management Center, and the relevant experts of lifesaving associations at all levels to conduct interviews, mainly focusing on the drowning accident investigation, policy system, and problems existing in the actual operation.

2. Field Investigation Method. This includes field observations, investigations, visits and case investigations. It is planned to conduct sampling field surveys in several provinces and cities with relatively developed water areas across the country, obtain real data on drowning accidents from provincial and municipal health management committees, count the number of accidents, and investigate the causes of accidents.

3. Questionnaire method. It is proposed to conduct sample surveys on government functional departments, life-saving associations, and education departments.

3. Research Results and Analysis

3.1. Analysis of the Scenarios and Causes of Drowning Accidents in Adolescents and Children

1. Drowning according to the main scenario of the drowning accident

According to the survey, the probability of drowning accidents in rivers, lakes and seas, reservoirs, ponds, ponds at abandoned construction sites, indoor and outdoor swimming places, water recreation and other venues is very high, and many drowning accidents of teenagers and children occur in the above-mentioned places. The high-risk period for drowning accidents is generally during the hot weather during the summer vacation, the weekend when students are on vacation, and the rest time for major holidays. According to the survey, the middle and afternoon of summer vacation is the time period for the high incidence of drowning accidents, and the incidence of drowning accidents is relatively high on weekends during the hot weather, and the incidence is relatively low in autumn and winter.

2. Groups prone to drowning accidents

Through the survey, it is found that the probability of drowning accidents among rural children is much higher than that in cities, and the probability of collective drowning accidents among left-behind children in rural areas is very high. There is a lack of supervision for these children, most of the parents are migrant workers, and only the elderly are cared for by the elderly, especially for junior high school or high school children, the elderly cannot supervise them at all, and as these children go swimming in natural waters together, the probability of drowning accidents will be very high. The probability of drowning accidents among children in urban areas is much lower than that in rural areas, and drowning accidents among urban children mainly occur in swimming pools or water entertainment venues, and most of the reasons are caused by negligence on the part of parents or negligence of lifeguards.

3. Causes of drowning accidents

First of all, family and self-factors, parental supervision is not in place, or even there is a serious lack of supervision, and children's safety awareness is insufficient. In mass drowning accidents, there is a serious lack of self-rescue and rescue methods, and there is a serious lack of rescue methods. Children lack swimming skills, and the vast majority of rural adolescents and children do not have the opportunity to learn to swim, but instead go into the water to learn to swim privately, which has become an important cause of drowning. The majority of primary and secondary schools basically do not have the conditions to offer swimming lessons, and students lack the opportunity to learn swimming.

Second, there is a serious lack of safety awareness among young people. In particular, the older children in rural adolescence not only have a serious lack of safety awareness, but also do not understand the sport of swimming. For example, swimming in the water without permission, rushing to rescue without rescue ability, insufficient understanding of one's own level, insufficient preparation of auxiliary flotation equipment, etc.

Thirdly, the school drowning prevention education system is not perfect, although departments at all levels attach great importance to drowning prevention education, and have issued a lot of drowning prevention education documents, but

it is far from enough to rely on teachers to preach. Many children and adolescents do not have a fundamental understanding of how drowning accidents occur. The key is that in drowning prevention education, there is no theory and practice, and the method is very simple. Many children don't understand the process of drowning accidents.

Finally, there is a lack of a scientific prevention and assistance system in society, although it has always required society, schools, and families to work together to establish and improve the corresponding system. However, in the actual process, it is difficult for the three parties to cooperate. Especially during the summer vacation, when drowning accidents are high. The rescue system is also not perfect, there is a serious lack of safety rescue equipment in dangerous areas, and there is a lack of corresponding rescue teams.

3.2. Preventive Measures Against Drowning among Adolescents and Children in China

First of all, improve the construction of relevant systems.

Improve top-level design, introduce corresponding laws and regulations, and effectively protect the lives and health of adolescents and children. Further increase the attention of the whole society to the prevention of drowning among children and adolescents. First, relevant prevention and management measures should be introduced. Clarify the respective responsibilities of society, schools and families, and integrate and clarify them in terms of policies and systems. Second, develop a work plan to prevent drowning on campus. Incorporate drowning prevention education into regular school education. Ensure that the prevention of drowning among children and adolescents is carried out in a more scientific, effective and reasonable manner. Establish monitoring and feedback on drowning prevention efforts. Third, establish a guardianship system for key objects in key areas. Fourth, in terms of drowning rescue mechanisms, we will refine and improve rescue measures and establish a multi-integrated and efficient rescue method.

Second, drowning prevention education should be incorporated into the classroom

First, actively encourage and support qualified schools to carry out campus swimming teaching, so that more children can learn and learn to swim. For schools that lack swimming venues and teachers, strengthen cooperation with social resources to provide swimming learning services as much as possible. Second, encourage social resources to participate in drowning prevention education in primary and secondary schools. Support social resources such as physical education teachers in colleges and universities, retired athletes majoring in swimming, and students specializing in physical education swimming, and use the summer vacation to go to rural areas to organize and carry out various forms of campus swimming activities such as social practice, swimming training, and summer camps. Third, swimming safety education should be included in the compulsory education curriculum. Provide teaching materials for drowning prevention safety education, so that students can understand water safety education in an all-round way.

Finally, not only improve the drowning prevention treatment and rescue methods

First, establish a database of drowning accidents, divide key areas according to the characteristics of big data, and set up drowning prevention warning equipment in key areas. Use new technologies to monitor key waters in real time. And through voice persuasion of key groups of people close to the

water, and contact guardians in a timely manner. Second, life-saving facilities should be equipped in key waters. For example, some places set up "one pole, one rope and one circle", that is, a life-saving rod, a life-saving rope and a lifebuoy, to ensure that there is a drowning that can be used for immediate rescue when it occurs. Third, focus on monitoring the time period of high-incidence groups. Priority should be paid to groups such as left-behind children in rural areas and students from special families. Fourth, we should further improve the rescue system so that it can be discovered, rescued, and given first aid at the first time.

4. Conclusion and Recommendations

According to the research, the main causes of drowning include lack of swimming skills, lack of corresponding self-rescue and first aid skills, inadequate family supervision, insufficient awareness and negligence of drowning prevention safety, imperfect drowning prevention education for adolescents and children, and lack of scientific prevention and rescue system.

The following preventive measures are proposed: improve the system construction, introduce corresponding laws and regulations, and effectively protect the lives and health of adolescents and children; improve the drowning prevention education system, incorporate drowning prevention education into the classroom, and carry out a series of water safety education activities; Establish and improve the joint mechanism of society, schools, and families, combine dredging and blocking, and constantly improve prevention

methods.

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