

# 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 2016, there were 89 unintentional drownings in Washington state. Drowning is the second leading cause of unintentional injury death for children and teens age 1-17 years old in Washington. 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 arms 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. Check the label or ask the salesperson for help.
- 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, wind surfing, jet-skiing, etc.

## How do you use a life jacket?

- Every spring, check the life jacket for fit as well as wear and tear. Throw it away if you find air leakage, mildew, rot, or rust.
- Practice wearing your life jacket in the water. Make sure your jacket works for you as designed.
- Never substitute toys, such as water wings, or plastic rings, for a life jacket.



For more coupons or water safety information visit:  
[indpc.org](http://indpc.org)



Inland Northwest Drowning  
Prevention Coalition



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Good at all Washington and North Idaho Big 5 Sporting Goods for one-time purchase on in stock life jackets only. Excludes bulk orders, Super Value Priced Items and all rebate offers. 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. Visit [www.big5sportinggoods.com](http://www.big5sportinggoods.com) for location nearest you. Valid in-store only.



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