

Our Story



*Alaina Catherine Olivares
2015 - 2019*

May 11, 2019 was a day no parent should face. On that day, we lost our princess Alaina Catherine due to an accidental drowning.

Alaina had a bright future ahead. Now our future is to share her light with as many people as we can.

Through our loss, we hope to bring a community of people together to educate and provide opportunities for families to learn the following:

- The potential Dangers of Water
- The Importance of Water Safety, and Swimming Techniques & Lessons
- Proper response procedures for water-related accidents/drowning through First Aid & CPR Classes



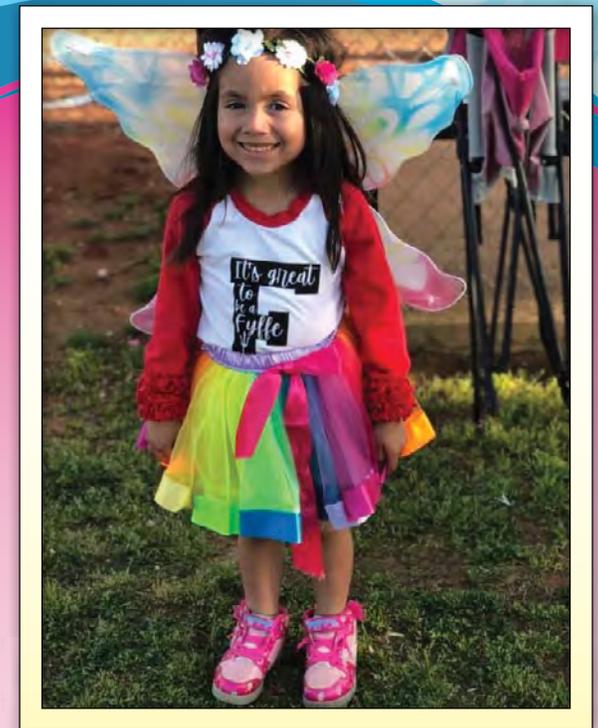
Drowning is Silent

REDUCING DROWNING RISK
THROUGH AWARENESS & PREPARATION

Our Mission

The mission of the Alaina Olivares Foundation is to help parents pay for CPR and swimming classes for their families that they might otherwise not be able to afford.

Our goal is to educate the public about water safety and how to be better prepared to prevent and respond to water-related accidents.



Find us on
Facebook

The Alaina Olivares Memorial Foundation
@TheAOMF

Alaina 
FOUNDATION

Signs of Distress



HEAD TILTED BACK



HAIR OVER FOREHEAD



BODY IS VERTICAL/BOBBING



CAN'T CALL/WAVE FOR HELP



“CLIMBING LADDER” MOTIONS



There are NO WARNING or SPLASHING SOUNDS associated with drowning accidents!

Drowning is *fast* and *silent*. It can happen in as little as 20-60 seconds. Drowning doesn't always look like we would expect. We believe that to prevent drowning, safety strategies and education should be in place to reduce drowning and non-fatal water injury risks.

Teach Your Child, Yourself, and Others



Never leave a child unattended near water in a pool, tub, or ocean. **There is no substitute for adult supervision.**



If a child is missing, check pools and water features first! Seconds count!



The home should be isolated from the pool with a fence at least 60" tall, with a self-closing, self-latching gate. The gate should open away from the pool and should never be propped open. Doors, windows, and gates near the pool should be alarmed to warn adults when opened.



Power-operated pool safety covers are the most convenient/efficient. Solar/floating covers are not safety devices.



Never leave water in buckets or wading pools.

Enroll your children in swimming lessons. If you don't know how to swim, learn now!

FAST FACTS

- Drowning is the leading cause of unintentional injury-related death for children ages 1-4, and remains one of the Top 5 causes of unintentional injury-related death from birth to 54 years old.
- **23% of child drownings happen during a family gathering near a pool.**
- Lack of barriers around water contribute to a majority of drowning deaths.
- **Learning to swim can reduce the risk of drowning by 88% for 1-4 year olds who take formal swimming lessons.**
- Overall, it is estimated for every fatal drowning victim, another 5 to 10 victims receive hospital related care for non-fatal drowning injuries.
- **NO ONE IS “DROWN-PROOF”**
Drowning doesn't discriminate.

Water Safety Rules

Teach these water safety rules to babysitters, grandparents, and others who care for your children.



Learn CPR & Rescue Breathing techniques. Safety ring, shepherd's hook, and CPR instructions should be available poolside.



Designate a “Water Watcher” to maintain constant watch over children in the pool. Keep a phone poolside so you never have to leave the pool area to answer the phone and can call for help as needed.



Remove toys from in and around the pool when not in use.



Only use proper and approved flotation devices. Do not confuse these with toys. **Do not use flotation devices as a substitute for supervision.**

