

WATER SAFETY

PRESENTED BY: JESS LUKAS
YMCA AQUATICS & FAMILY DIRECTOR

THANK YOU FOR YOUR TIME.



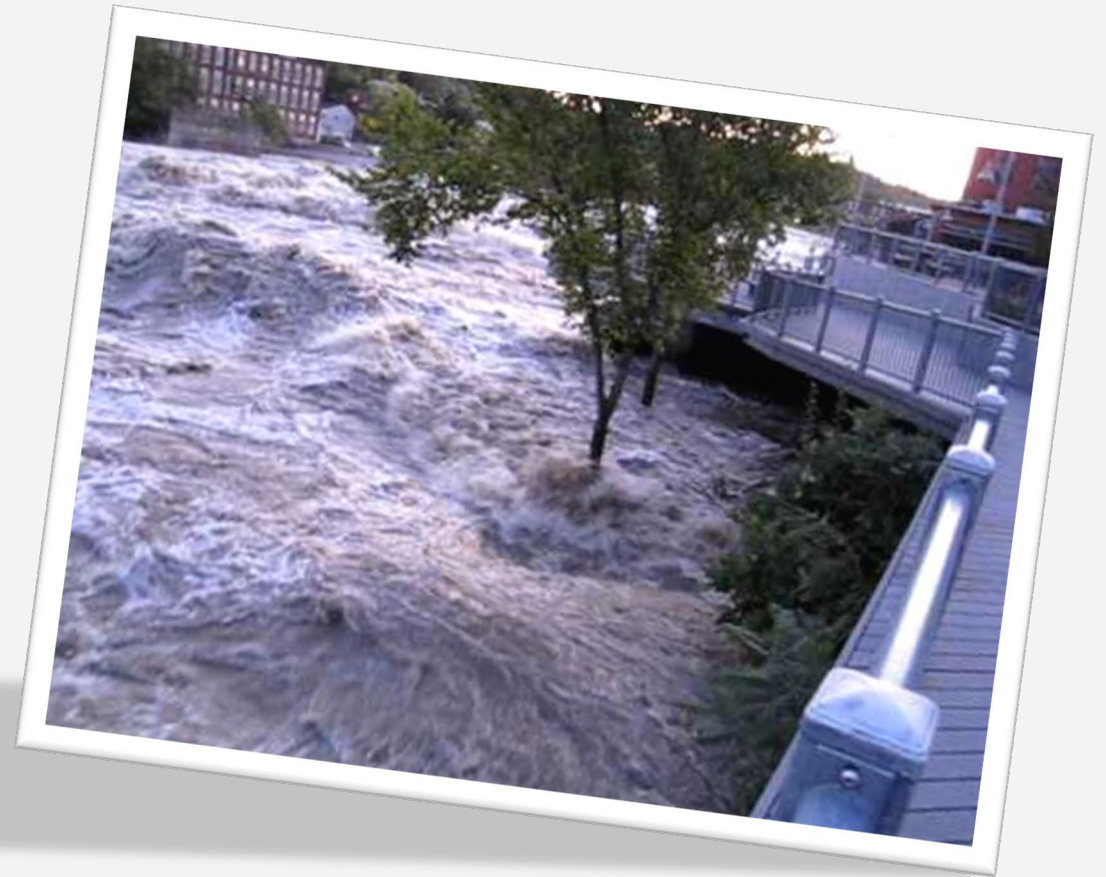
WHERE CAN YOU SWIM IN VERMONT?

- Swimming Pools
 - Public like the Y
 - Private at someone's home
- Lake Champlain
- Ponds
- Lakes
- Rivers
- Streams/Brooks/Creeks
- Swimming Holes



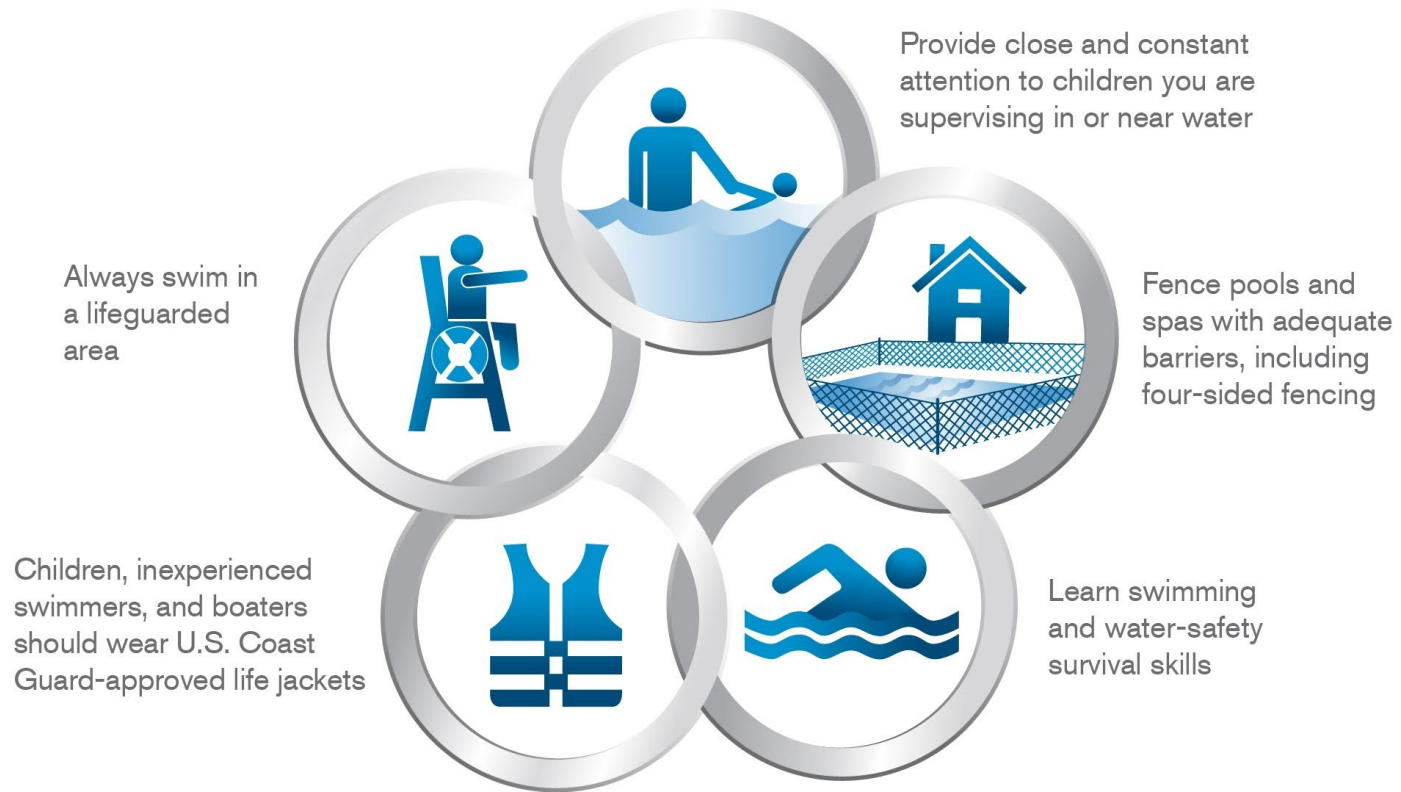
WHAT ARE SOME SWIMMING DANGERS?

- Slippery surfaces
- River currents
- Waves in lakes and oceans
- Deep water (& shallow water too!)
- Unclear water: what's below the surface?
- Muscle cramps
- Swimming can be tiring
- Sun exposure if you're outdoors
- Drowning



Circle of Drowning Prevention

Layers of protection are essential to help prevent drowning.
Plan ahead for aquatic activities:



American Red Cross

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:



Recognize the signs of someone in trouble and shout for help



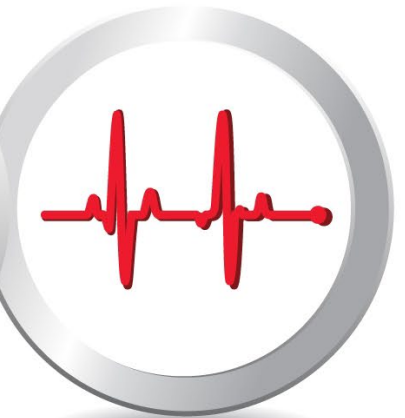
Rescue and remove the person from the water (without putting yourself in danger)



Call emergency medical services (EMS)



Begin rescue breathing and CPR



Use an AED if available and transfer care to advanced life support



American Red Cross

SWIMMING IS SO FUN WHEN YOU TAKE THE PROPER STEPS!



Reach or Throw, Don't Go



Think So You Don't Sink

Muscle Cramp



Caught in a Current



Too Cold



Too Tired



Capsized Boat



American Red Cross

Look Before You Leap

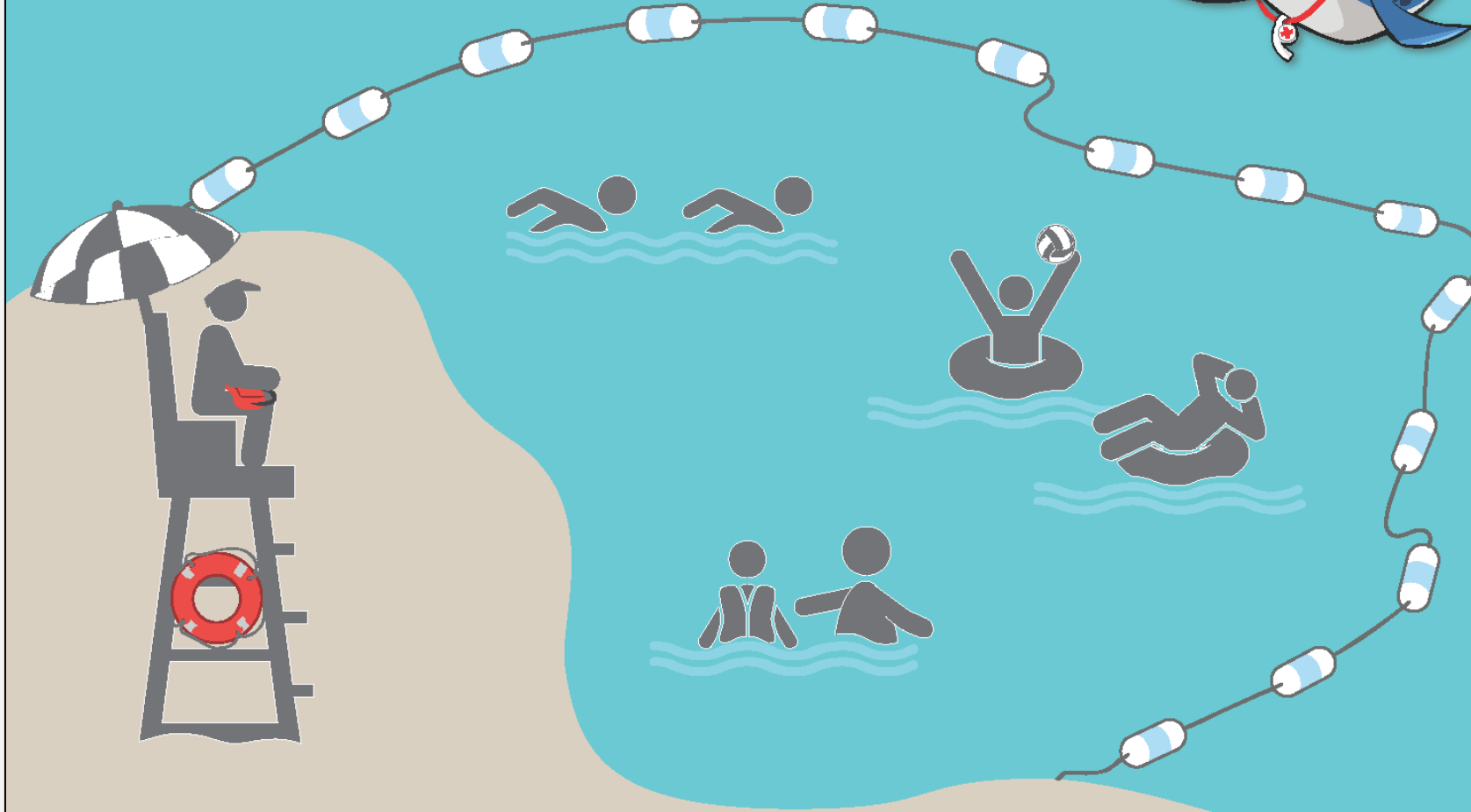
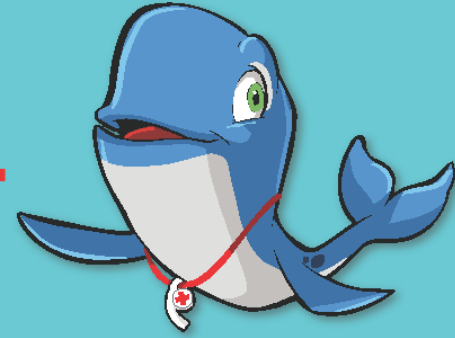


American
Red Cross



American
Red Cross

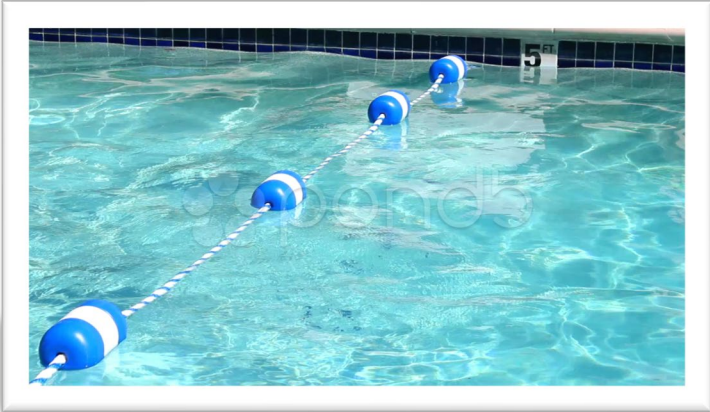
Swim as a pair near a lifeguard's chair.



Too Much Sun Is No Fun



IMPORTANT THINGS TO HAVE WHEN YOU ARE AROUND WATER:



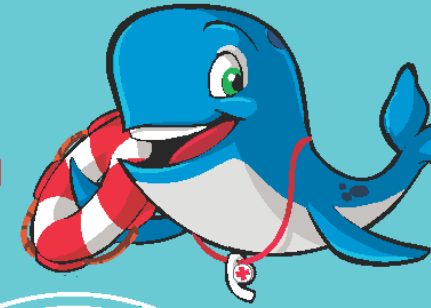
LIFEGUARDS





**American
Red Cross**

Safety rules.



**Look before
you leap.**



Walk, don't run.



**Paper or plastic,
no glass.**



**Inexperienced
swimmers should
wear a life jacket.**



1 at a time.



**Stay within
arm's reach.**

Places for Swim Lessons:

- Greater Burlington YMCA
- Summer City Pools – Winooski, Essex, Vergennes, St. Albans and various other cities & towns
- Summer Private Pools – BCC, BTC, VT National and others
- University of Vermont
- The Edge
- Swimming Hole
- Many others!



THANK YOU
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JESS LUKAS
652.8143

JLUKAS@GBYMCA.ORG