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:

- Always swim in a lifeguarded area
- Fence pools and spas with adequate barriers, including four-sided fencing
- Children, inexperienced swimmers, and boaters should wear U.S. Coast Guard-approved life jackets
- Learn swimming and water-safety survival skills

American Red Cross
Chain of Drowning Survival

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

1. Recognize the signs of someone in trouble and shout for help
2. Rescue and remove the person from the water (without putting yourself in danger)
3. Call emergency medical services (EMS)
4. Begin rescue breathing and CPR
5. 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!
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
Swim as a pair near a lifeguard’s chair.
Too Much Sun Is No Fun

UV INDEX
4
THE UV INDEX FOR TUESDAY IS 4

American Red Cross
IMPORTANT THINGS TO HAVE WHEN YOU ARE AROUND WATER:

- Life jacket
- Pool noodles
- Life preserver
LIFEGUARDS
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 FOR YOUR TIME.

JESS LUKAS
652.8143   JLUKAS@GBYMCA.ORG