



2016

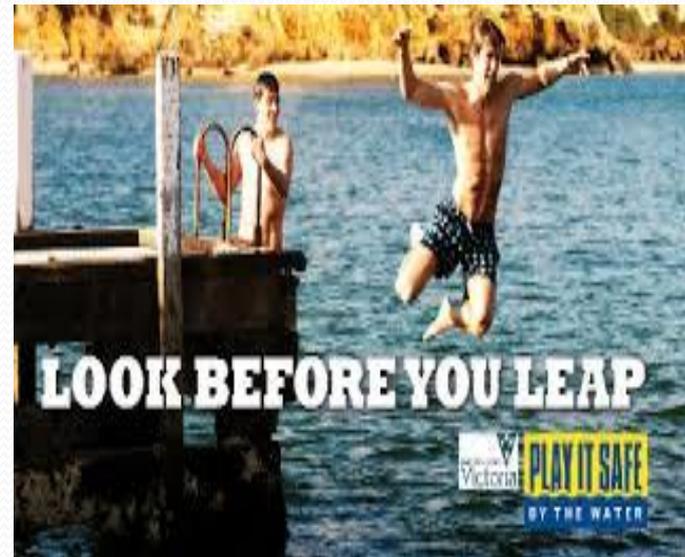
Make Water Safety Your Priority

- ❖ Swim in designated areas supervised by lifeguards.
- ❖ Always swim with a buddy; do not allow anyone to swim alone.
- ❖ Ensure that everyone in the family learns to swim well.



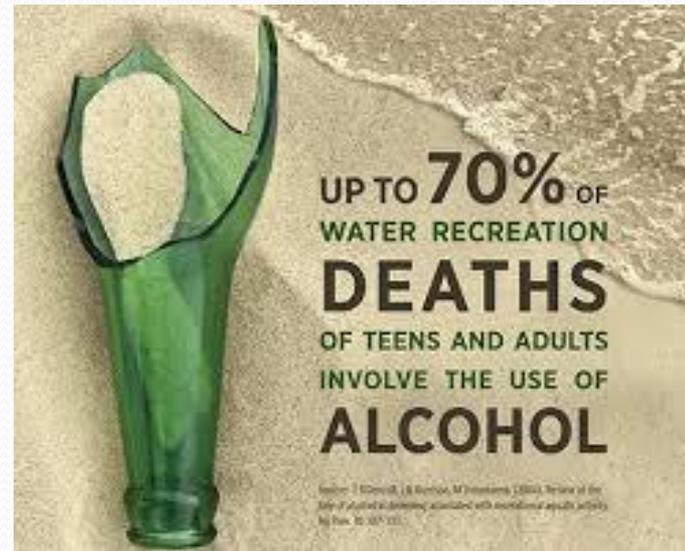
Make Water Safety Your Priority

- ❖ Establish rules for your family and enforce them without fail
- ❖ Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes
- ❖ Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous



Make Water Safety Your Priority

- ❖ Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm



Know How to Recognize an Emergency.

- ❖ Many emergencies can happen quickly and silently.
- ❖ Do not assume that a swimmer in distress is joking or playing around
- ❖ Know how to tell if a swimmer is in distress or is drowning. A distressed swimmer or drowning victim needs help immediately!



Know How to Recognize an Emergency.

CAN YOU TELL IF SOMEONE IS DROWNING?

LOOK FOR THESE SIGNS

- **MOUTH AT WATER LEVEL**
- **STRUGGLING TO SWIM**
- **HEAD TILTED BACK**
- **EYES GLASSY OR EMPTY**
- **HYPERVENTILATING OR GASPING**
- **CLIMBING AN INVISIBLE LADDER**

DROWNING IS NOT ALWAYS OBVIOUS!

KEEP WATCH AT ALL TIMES!

Source: <http://marlovittone.com/>

 **boat-ed™**
Get Safe. Get Certified.

Know How to Recognize an Emergency.

- ❖ A swimmer in distress may still try to swim but makes little or no forward progress
- ❖ An active drowning victim may be vertical in the water but unable to move forward or tread water.
- ❖ A passive drowning victim is motionless and floating face down on the bottom or near the surface of the water



Know How to Respond to an Aquatic Emergency.

- ❖ If someone is missing, check the water first
- ❖ Reach or throw, don't go
- ❖ Know how and when to call 9-1-1 or the local emergency number



New Navy Swim Testing for Youth

- ❖ Required for all youth 17 and younger
- ❖ Must pass testing annually in order to venture into deep end of the pool otherwise are restricted to water no deeper than their armpit and **MUST** be under adult supervision



Boating Safety

Pre-Departure

- ❖ Check weather report, tides and currents
- ❖ File a float plan with someone you know. Tell them where you're going and when you intend to return.
- ❖ Ensure you have enough fuel, plenty of food, water and sunscreen.
- ❖ Don't forget to put the drain plug in.



Boating Safety

Pre-Departure

Ensure your boat is ready to go:

- ❖ Life jackets should be readily accessible, worn by children 13 and younger
- ❖ Horn or sound producing device as required
- ❖ Fire extinguishers and know how to use it operation
- ❖ Flares or other visual distress signals
- ❖ Check operation of navigation lights



Boating Safety

While on the water

- ❖ Check the weather frequently, especially if you notice a change in wind speed and cloud formations
- ❖ Know where the nearest harbor or protected anchorage is
- ❖ Know the waters
 - ❖ Stay within marked channels
 - ❖ Be conscious of tides and currents



Boating Safety

When you return to the dock

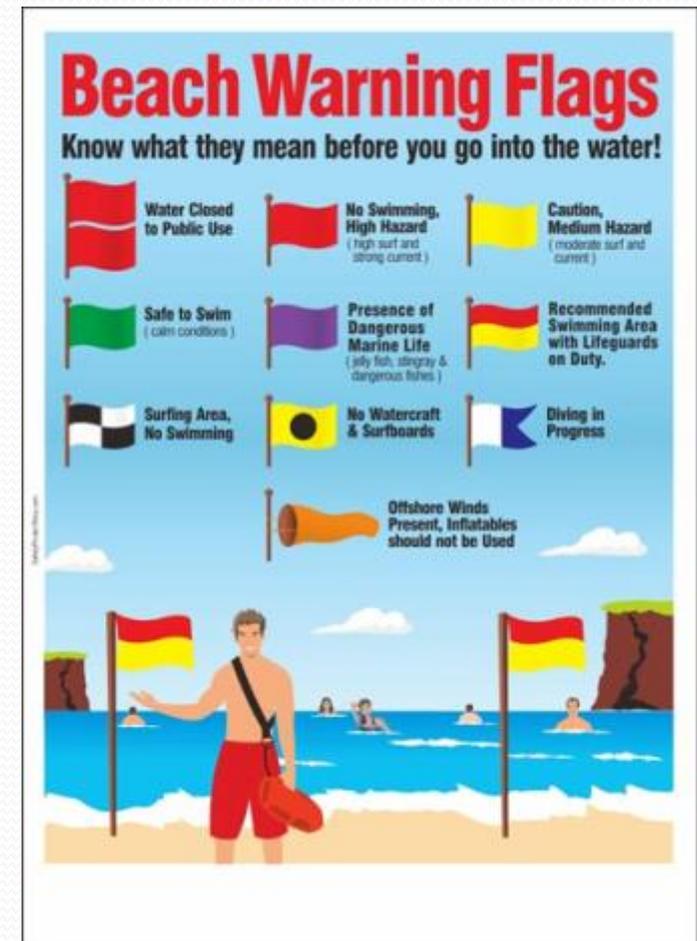
- ❖ Ensure boat is properly moored to dock.
- ❖ Contact your person and let them know that you are back.
- ❖ Check out website <http://www.discoverboating.com/beginner/safety/tips.aspx> for more information



Beach Safety

Watch for warning flags (and know what they mean).

- ❖ **Red flags** indicate strong surf and currents (i.e., “Be Careful!”). At some beaches, red means “beach closed” — so be sure to check before entering the water.
- ❖ **Yellow flags** indicate moderate surf and currents — the water is likely to be rough but not exceedingly dangerous. Exercise caution and stay near the lifeguards.



Beach Safety

Watch for warning flags (and know what they mean).

- ❖ **Green flags** indicate the ocean is calm or clear (though it's always smart to remain alert).
- ❖ **Blue or purple flags** often indicate that potentially dangerous marine life (think sharks or jellyfish) are in the area or have been spotted nearby.





Beach Safety



❖ Check the weather.

- ❖ Avoid the beach if there's lightning in the forecast and wait at least 30 minutes after the last thunder boom before heading back out to the sand.

❖ Know how to swim.

- ❖ If you can't do the doggie paddle (at the very least), don't go near the water.

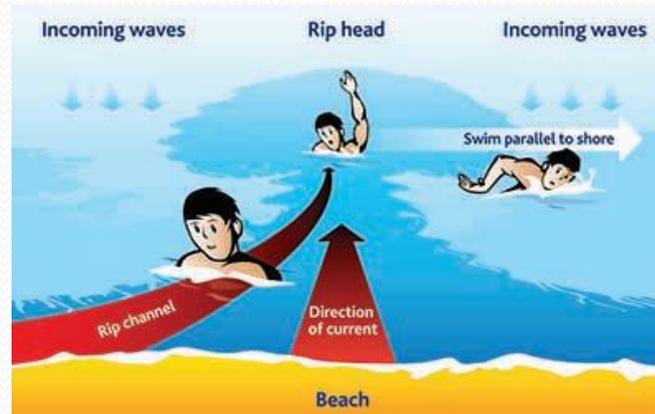
❖ Pick a swimming spot close to a lifeguard.

- ❖ Take note of where they're stationed on the beach and stay near them when swimming — most drownings occur at unguarded sites.

Beach Safety

❖ Watch for rip currents.

- ❖ If you do get pulled out, stay calm, save your energy, and keep breathing.
- ❖ Don't try to swim against the current! Gain your composure and start swimming horizontal to the shore until you're out of the current.
- ❖ Then turn and swim diagonally towards the shore. If you can't make it to the shore, wave your arms and make noise so someone can see or hear you and get help.



Beach Safety

- ❖ **Be aware of the waves.**
 - ❖ injuries resulting from strong waves can range from simple sprains, broken collarbones, and dislocated shoulders to more serious injuries including blunt organ trauma and spinal injuries



Beach Safety

- ❖ **Save your skin.**
 - ❖ Racking up more than five sunburns at *any* age also doubles the risk for melanoma.
- ❖ **Watch for sun sickness/stroke (and find yourself some shade).**
 - ❖ Heat exhaustion, heat stroke, and sun poisoning can all result from dehydration and extended exposure to high temperatures, so make sure to drink plenty of water



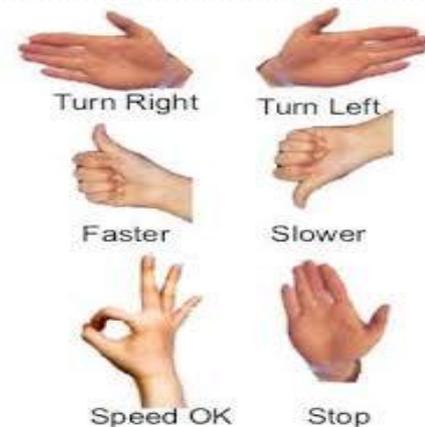
Boat Safety Tips for Water Sports

- ❖ Always wear a PFD
- ❖ Know your equipment
- ❖ Know your rider
- ❖ Use a spotter
- ❖ Be aware of water regulations



Boat Safety Tips for Water Sports

- Drive Responsibly
- Use a secure tow line
- Check with rider before you start
- Exercise caution when pulling more than one tube



Jet Ski Safety

WHAT YOU SHOULD KNOW BEFORE YOU GO...

WHO CAN RIDE?

- MANUFACTURERS RECOMMEND OPERATORS BE 16 YEARS OLD. CHECK STATE LAWS
- RIDERS WHOSE FEET REACH THE FOOTWELL FLOOR
- THOSE WEARING APPROPRIATE EQUIPMENT INCLUDING:
 - USCG APPROVED PERSONAL FLOTATION DEVICE (PFD)
 - A WET SUIT BOTTOM OR CLOTHING THAT PROVIDES AN EQUIVALENT LEVEL OF PROTECTION
- THOSE WHO ARE ABLE TO HOLD ON TO HANDHOLDS OR PERSON IN FRONT OF THEM



FIND OUT MORE:



USCG
United States Coast Guard
Office of Boating Safety
www.uscgboating.org

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NTSB
NATIONAL TRANSPORTATION SAFETY BOARD
www.nts.gov

+

NASBLA
NATIONAL ASSOCIATION OF STATE BOATING LAW ADMINISTRATORS
www.nasbla.org

+

NSBC
NATIONAL SAFE BOATING COUNCIL
www.safeboatingcouncil.org

Brought to you by the U.S. Coast Guard

KNOW... BEFORE YOU GO!

Children & Personal Watercraft



YOU'RE IN COMMAND
BOAT RESPONSIBLY



- ❖ You need a life jacket.
- ❖ Use the vehicle's safety precautions.
- ❖ Stay alert.
- ❖ Don't drink and jet.
- ❖ Don't get cocky.

Fishing Safety

- Wear A Life Jacket
- Stay Sober
- Use Tackle Carefully
- Dress Appropriately
- Clean Fish Carefully



Snorkeling / Scuba Safety

Scuba

- Always Check Your Gear Before Getting on the Boat
- Always Use Right-Hand Release Weight Belts
- Don't Forget Your Snorkel
- Use the Right Amount of Weights
- Keep Your Mask On
- Take Refresher Courses
- For a List of diving hazards and precautions visit https://en.wikipedia.org/wiki/List_of_diving_hazards_and_precautions

Snorkeling

- Never go out alone
- Stay close to shore.
- Be aware of your surroundings.
- Retain your energy.
- Do not touch marine life:.
- Be aware of the seabed.
- Learn first aid and CPR.



Sea Urchins, and Coral Safety



Sea Urchins

- The toxins released by sea urchins can be broken down by heat. For these wounds, soak the body part in hot water, around 110° to 115°F, 30 to 90 minutes
- Raise the limb to discourage swelling



Coral

- Remove the fine, hard-to-get pieces with tape
- Then bathe the area with vinegar
- If the wound is bleeding, apply pressure for a few minutes to stop the bleeding.
- Then use saltwater or fresh water to clean out the wound

Lionfish safety



- Lionfish spines are used defensively, not offensively.
- Lionfish safety applies both on and off the water. (they can still stink when dead)
- Just in case, know what to do if you get stung
 - Immersing the wound in hot (but not scalding) water for about 30 minutes as soon as possible after the sting occurs – this helps denature the lionfish venom and decrease pain.
 - remove any spines still located in the wound
- Pay attention to your lionfish at all times and have a plan in place in case you or a friend gets stung

Watch for manatees



- The leading human-caused threat to Florida manatees is collisions with watercraft.
- The greatest long-term threat to manatees involves the loss of warm-water habitat that manatees need to survive.
- When humans disturb manatees, it can cause them to alter their breeding, feeding, sheltering and other natural behaviors, and puts them in harm's way.
- For more information about manatees visit <http://www.savethemanatee.org/manfacts.htm>