



MCIWEST-MCB CAMP PENDLETON



Critical Days of Summer Newsletter

June 2014

Swimming Safety

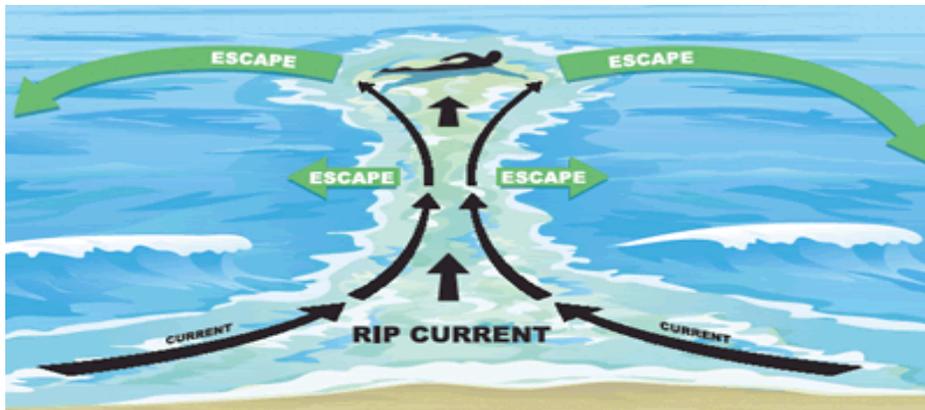


Summer time is the best time for a day at the beach, pool, or lake. But swimming in a body of water, or enjoying the day on a boat can be risky (CDC.gov, 2012). From Memorial Day to Labor Day 2013, there were over 200 deaths from drowning (CPSC.gov, 2013). Knowing about water safety helps keep adults and children safe (NSC.org, 2014).

Safe Tips Home Swimming Pools

1. If you like to play in or on water, there is one golden rule: Learn to swim. The American Red Cross offers swimming classes for all ages and all levels of ability.
2. Put an extension telephone by the pool or keep your cell phone handy. You may need to call 9-1-1.
3. Learn CPR. As a general rule, babysitters and anyone who cares for children ought to know CPR, as well. A poster showing CPR instructions is a handy reference.
4. Fence the pool (consult your local building codes). Don't leave furniture near the fence that kids could use to climb over the fence.
5. Keep some basic lifesaving equipment--such as a pole, rope, or life rings--by the pool and know how to use it.
6. If you have a pool cover, always remove it before swimming.
7. Make sure that adults know exactly how many kids are at the pool, and that one adult is always "on duty" watching them. As soon as a child isn't visible, check the water and the bottom of the pool first.

Commanding General's Safety Hotline: (760)763-7233



Never Swim Alone, Always Swim at Beaches with Lifeguards!

<http://www.nws.noaa.gov/beachhazards/index.shtml>

Swimming in currents and waves is much more difficult than swimming in a pool. The conditions of the currents and waves can change quickly unlike in a pool where there is consistency. Swimming in currents and waves will also cause fatigue more quickly than swimming in a pool. Smooth water located between breaking waves could signal the presence of a rip current. Ask the lifeguard about the use of a United States Coast Guard approved flotation device. Further, your body will cool quickly while in the water. Limit your time in the water and get out if you start to feel cold.

Know the meaning of and obey warnings represented by colored beach flags. Different beaches may use different colors but a commonly used series include:

- Double Red: Beach is closed to the public
- Single Red: high hazard, e.g., strong surf or currents
- Yellow: medium hazard
- Green: Calm conditions although caution is still necessary
- Purple: Flown with either Red or Yellow: Dangerous marine life, but not sharks.



Take your cell phone to the beach. In case of an emergency, where the lifeguard is not present, call 911.

For more information visit

<http://www.ripcurrents.noaa.gov/tips.shtml>



Marine Corps Order 5100.30B (Off Duty Recreation Order) provides more detailed information.

Contact the Installation Recreation Safety Manager at (760)763-5332.

[Click on these links for more tips.](#)

<http://www.safetycenter.navy.mil/>

<http://www.cdc.gov/features/dsdrowningrisks/>

<https://www.cpsc.gov/en/Newsroom/News-Releases/2013/Tragic-Tally-More-Than-200-Reported-Child-Drownings-In-Pools-and-Spas-This-Summer/>

http://www.nsc.org/safety_home/HomeandRecreationalSafety/Pages/HomeandRecreationalSafety.aspx#drowning

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