



Water Safety



Lesson 5 S.O.S. (“Save Our Swimmers”)



It can be pretty frightening to hear someone in the water crying for help, or to spot someone floating face down! But, before you try to do something to help, be sure you are ready or there may become two people in trouble! If possible, get someone to help you!! It sometimes takes two to handle one who is in a panic.

Helping from a SAFE position:

Always try to give assistance without putting yourself at risk. Don't just ‘jump in’ if you can give help in one of these safer ways:



If you can, reach out to him, but have a hold on something (or have someone holding onto you!) In his panic, he may just pull you in with him!! It is better to reach out to him with a paddle, pole, rope, or even your belt. If he pulls against you too hard, then just let go - you must protect yourself! Try again quickly.



Going out to him in a boat will usually be safer if he is too far to throw a line. The boat in this picture is very light. It would be safer to have the person being rescued hold on to the stern (the rear of the boat) as you pull him to safety instead of getting flipped over while trying to get him inside the boat! Also important is for you to have a lifejacket on!

Helping from IN the water:

If you are already in the water (or the distance is too great to reach from the safety of shore) and you yourself are a very capable swimmer, try one of these three methods:



Use a float (or extend a towel) between you so he won't grab on you! Give firm instructions telling him what you expect! Assure him that he will be ok.



If they are too weak or passed out, use one of these methods. Keep their head above water (yours too!!) Use one arm to hold them and one to swim with. If a any flotation device is available use it to keep you from sinking.



Before next time learn this important saying for safety in the water:
“Not too long in the water - Not too far from boat or shore!!”