

# Healthy Living

## Topic of July: Water Safety

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*Water Competency is the ability to anticipate, avoid, and survive common drowning situations, as well as being able to recognize and provide assistance to those in need. –WATER SAFETY USA*

**Feeling comfortable around water and in the water consists of three main levels of comfort: water smarts, swimming skills, and helping others.**

**Water Smarts:** Know your physical limitations and do not push them or any medical conditions you may have, wear a life jacket, be aware of your water environment (river's current, pool depth, unclear water and animals, rip tides, etc.), and always swim sober.

**Swimming skills:** The art of swimming builds on itself, main skills include the ability to safely enter water deeper than you are tall and resurface, float or tread water for at least one minute, capable of moving around in all directions in the water and returning to the surface, swim in one direction for 25 yards, and exit the body of water.

**Helping Others:** Keep watch on weak swimmers and children when in or around water, pay attention to signs of drowning (head back with mouth open, unfocused glossy/empty eyes, vertical body without leg movement, head low in the water), 'reach or throw, do not go' when you are near someone in need, learn CPR and first aid.

**Approximately 10 people die EVERYDAY from unintentional drowning.**

– STOP DROWNING NOW

**Adults are present at 88% of drownings.**

– STOP DROWNING NOW

**Drowning is #1 cause of accidental death in children 1 – 4 years old.**

–STOP DROWNING NOW

**80% of Americans say they can swim; 54% cannot perform all 5 basic survival skills.**

– AMERICAN RED CROSS

1. Get in and out of Water safely
2. Control breath with face submerged in water
3. Able to float
4. Swim in forward motion
5. Tread water

### Words of Wisdom

*"I'm tired. It's cold. It's too hot. It's raining. It's too late. Let's go... workout"*  
– anonymous

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We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @

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