



## Public Health Brief

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July 13, 2023

# Water Safety Tips



As the temperatures rise, more individuals are starting to head to the water. We are blessed to have many different waterways located close by and a large variety of recreational water activities because of this. Fishing, boating, kayaking, tubing and swimming are just a few of these popular activities, but did you know that most drowning also occurs during the months of July and August? Of the yearly drowning incidents, the top two 'causal' activities are swimming and fishing. So how do you avoid becoming a statistic and go home after a great day on the water instead?



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Alpine County Board of Supervisors, Phone: (530) 694-2281

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## **1. Tell someone where you are going.**

Or better yet, go with a partner. Let someone know when you expect to return and if your plans change and be sure to leave a note on your dashboard to alert others.

## **2. Be prepared.**

Children and inexperienced swimmers should always wear life jackets, even if they aren't planning on getting in the water. Also, be aware that many places do not have cell service.

## **3. Don't forget the power of the river.**

Seriously though. The river is strong and usually calls the shots. Remember that water is high during snow runoff and also after heavy rains.

Also, be wary of riverbanks. Even if you're not planning on swimming, banks can be unstable and give way beneath you.

## **4. Know your surroundings.**

Check the weather ahead of time and keep an eye on the skies.

## **5. Know what to do.**

If you're caught in any fast-moving water, try to float feet-first in a half-sit position.



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## 6. Reach or throw, DON'T GO.

If someone is caught in fast-moving water, reach out or throw something to them. Don't go into the water yourself or you may also be swept away. Also, call 911 as soon as you can.

## 7. Carry a first-aid kit.

Or take a CPR class. These may seem like no-brainers, but having basic tools and knowledge may save be all that's required to save a life.

## River Safety: What To Do If You Get Caught By Swift Moving Water

With regard to river safety, there are lots of hazards to be aware of. Some of these hazards would be wood and logs, rocks and currents.

If you do find yourself floating down the river here are a few things to remember:

1. Don't panic. Control your breathing and look to see where you are.
2. Keep your feet up. Never put your feet down if swept down the river. If you put your feet down, there is a risk of getting your foot or leg caught and you could drown.
3. Swim towards shore in a ferry angle. A ferry angle is an angle to the current that will help utilize the current to push you to shore. This is typically a 45-degree angle to the current. If you're on your back, get into a ferry angle with your feet up and your head pointed towards the shore you want to go to.
4. Don't give up. Keep working until you're in shallow water or in a calm pool.

**Stay safe and cool!**

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