



LIFESAVING SOCIETY®  
SOCIÉTÉ DE SAUVETAGE

*The Lifeguarding Experts  
Les experts en surveillance aquatique*

**LIFESAVING SOCIETY – MANITOBA**  
504 – 138 Portage Avenue East  
Winnipeg MB R3C 0A1  
Ph (204) 956-2124 Fax (204) 944-8546  
Email: [aquatics@lifesaving.mb.ca](mailto:aquatics@lifesaving.mb.ca)

---

FOR IMMEDIATE RELEASE

**TOP 10 WATERSMART® TIPS TO KEEP YOU SAFE THIS SUMMER.**

WINNIPEG (June 29, 2006) – The end of the school year signals the start of trips to many of the areas great lakes and beaches. Research shows a majority of Manitoba's drowning incidents will occur in this short span of summer. The Lifesaving Society would like to offer up these reminders to make everyone's summer safe and enjoyable.

1. **If you're not within arms' reach, you've gone too far!** Always closely supervise young children when in, on or around water. Remember, you are their real lifeguard. Toddler's drowning (age 2-4 yr) is their 2<sup>nd</sup> leading cause of death, behind motor vehicle accidents.
2. **Choose it! Use it! Live!** 90% of all boating related drowning incidents involve people not wearing PFDs. Always wear a personal flotation device. Think of it as your boat's seatbelt; snap up before you start up. It won't work if you're not wearing it.
3. **Lifeguards save lives.** Almost all of Manitoba's water-related fatalities occurred in unsupervised swim areas. Choose your swim sites accordingly. Respect your abilities.
4. **Swim with a buddy.** Watch out for each other. Victims were often alone or mere meters from others when they drowned. Pair up for safety and beside, it's more fun.
5. **Swim to Survive.** Only 13% of the population actually takes swimming lessons and nearly 50% of all drowning victims were non-swimmers. Take some form of lessons to reduce your risks. Basic skills can be acquired in a few hours. Drowning is preventable.
6. **Become a lifesaver.** Learn first aid, CPR and rescue skills in a lifesaving course to help yourself, family, friends and others when an emergency strikes. Many drowning victims could swim, but sometimes swimming itself is not enough. Learn what really matters.
7. **Feet first – first time.** Protect your neck by knowing where it's safe to dive. Diving into shallow water can cause spinal injury, permanent paralysis or death. Over 30 incidents of paralysis and 15 deaths occur annually from shallow water dives. Lake and river levels often fluctuate and pool depths can be deceiving, Know where you're about to go!
8. **Don't cruise with booze!** Besides being very dangerous, impaired boat operators face the same penalties as impaired vehicle drivers. Alcohol consumption is the contributor to one half of all boating related fatalities. Think before you drink.
9. **Cold water can be a killer.** In Manitoba, most natural bodies of water remain cold year round. A sudden fall into cold water will cause a gasp reflex, increases one's breathing rate making it easy to inhale water into the lungs and initiate drowning. Protect your airway, orient to the water surface, get out and get dry. Hypothermia isn't just a winter concern.
10. **Make every trip a round trip.** Drive your watercraft responsibly, ride seated and don't rock the boat. Watch for signs of changing weather conditions and tell someone of your travel plans. Enroll in a Lifesaving Society Boat Operator Accredited Training (BOAT) course. You will learn much more than some boating basics. Remember, a Pleasure Craft Operators license will be mandatory for all boaters as of Sept. 15, 2009.

**For more information on water and boat safety please contact Carl Shier (CEO) at the Lifesaving Society- Manitoba office (204) 956-2124.**