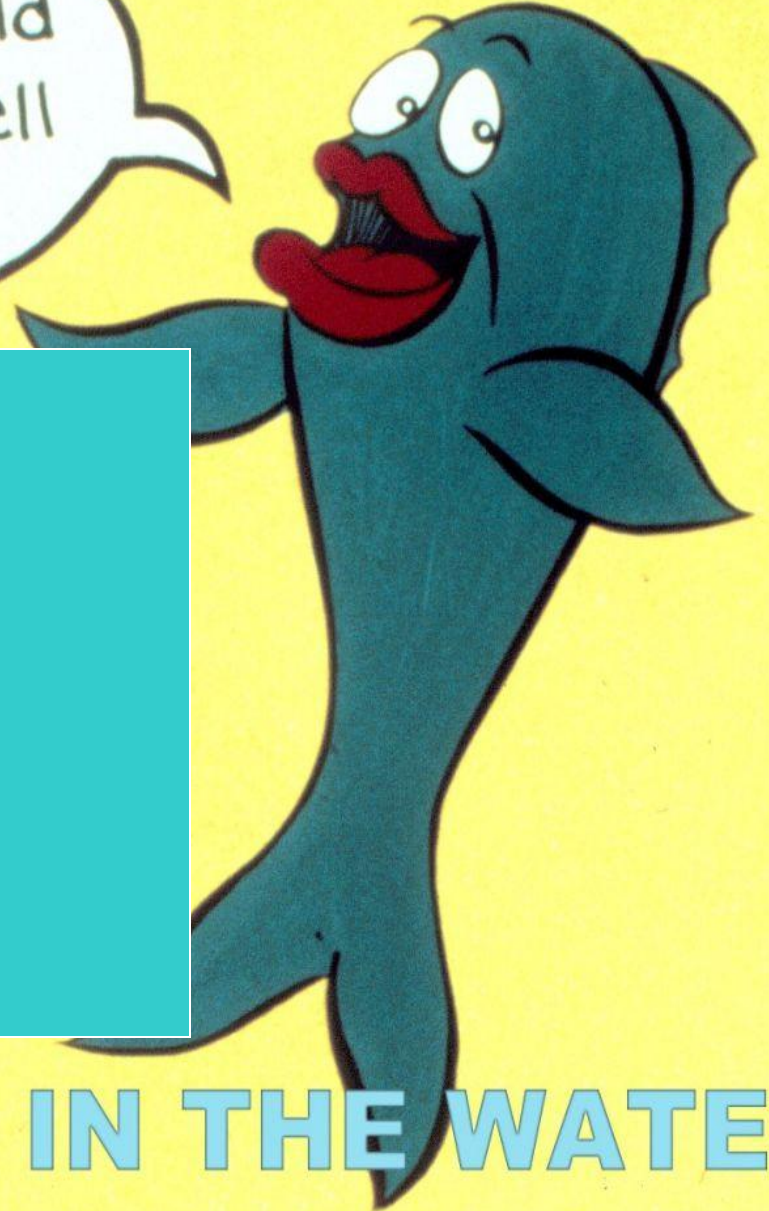


Water sports should
be **SAFE** as well
as **FUN**.



WATER SAFETY (SUMMER)

DOS AND DON'TS

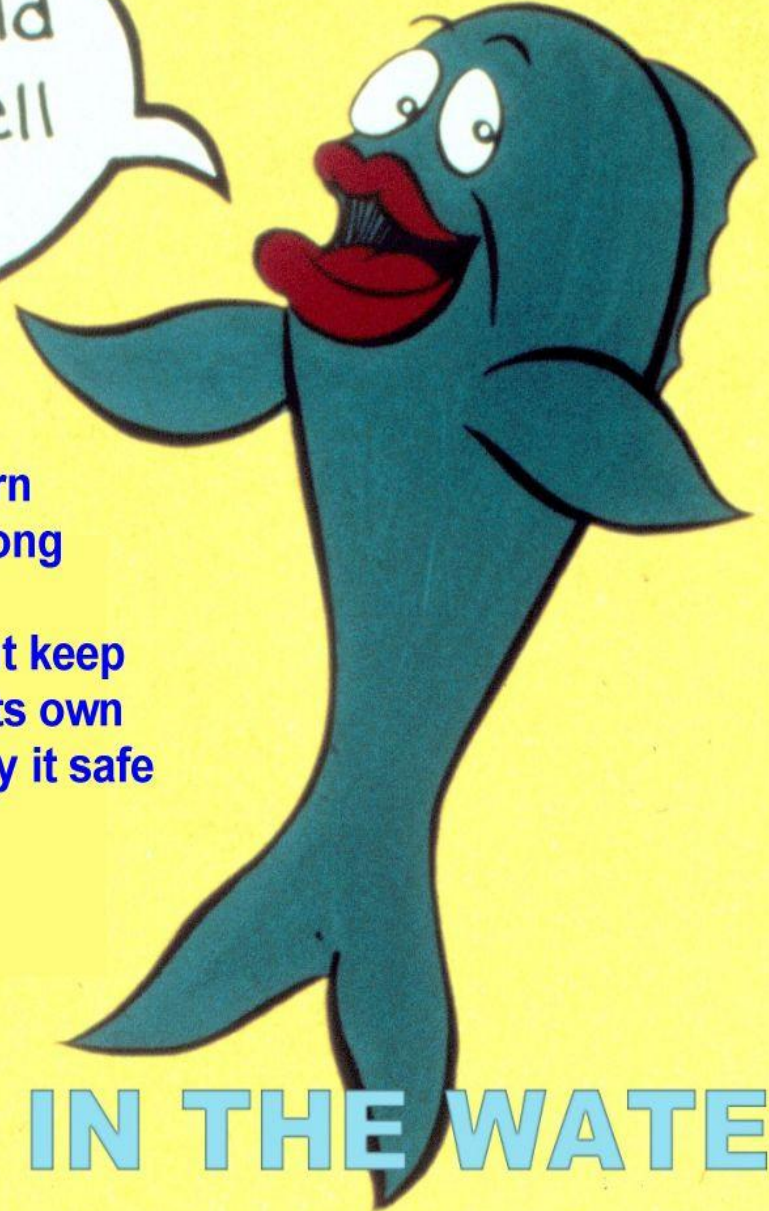
SWIMMING IN GERMANY

PLAYING IT SAFE IN THE WATER

Water sports should
be **SAFE** as well
as **FUN**.

And they can be-if you take the time to learn
and follow the DO's and DONT's that go along
with each activity.

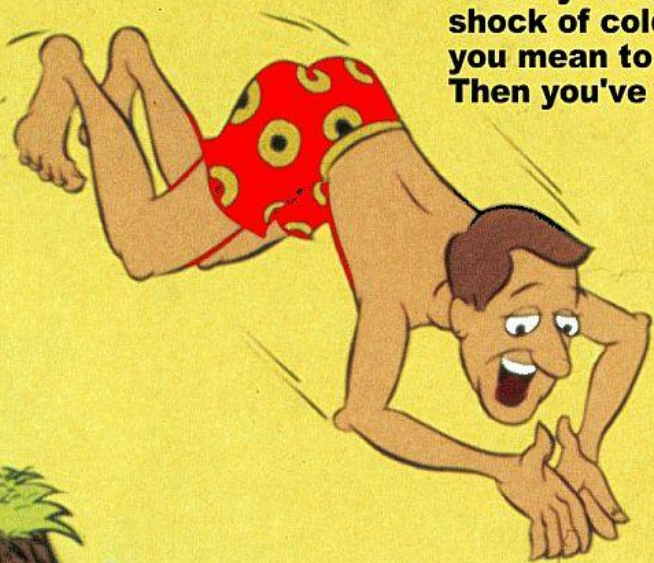
This class deals mainly with swimming, but keep
in mind that each type of water sport has its own
set of hazards and its own set of rules. Play it safe
and smart. **LEAN** and **FOLLOW** the rules.



PLAYING IT SAFE IN THE WATER

GOLD WATER DON'T #1

Don't dive or jump into cold water. When cold water covers your body all of a sudden, it can cause you to gasp-and you drown. The sudden shock of cold water can make you inhale whether you mean to or not and fill your lungs with water. Then you've had it.



You gotta get used to it slowly in shallow water.



Never dive or jump into cold water

COLD WATER DON'T #2




Just because the sun is shining and the weather is warm doesn't mean the water is right for swimming. Water 68 degrees or colder is pretty common.

Champion swimmers have drowned in cold water. The body loses heat faster than it can produce it. The 1st sign is shivering, then comes severe cramps and poor muscle control. You may even pass out. Fatigue can be so severe you may find you can't move your arms or legs. If you're in deep water then you'll probably drown. And it doesn't matter how good a swimmer you are. A distance you can easily swim in warm water can prove fatal when the water is cold. So swim near the shore, stay in shallow water, and get out of the water pronto if you feel chilled.

Shivering and goose bumps are danger signals—GET OUT!



Never swim in cold water over your head



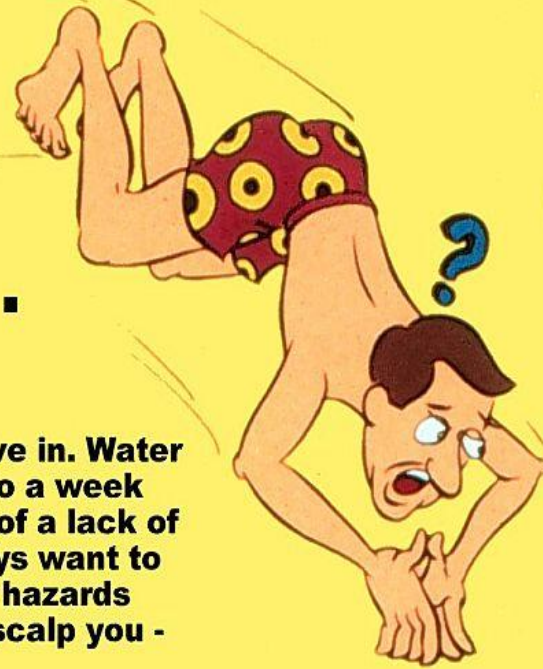
Even one
beer can be
dangerous

Booze and water— a deadly mix

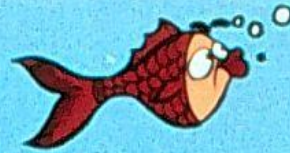
Alcohol speeds up loss of body heat. With alcohol in your blood, your body will chill much faster than you realize. If you're drinking and swimming, you may take chances you wouldn't take otherwise. So leave the booze alone when you swim.

Even in approved swimming areas. . .

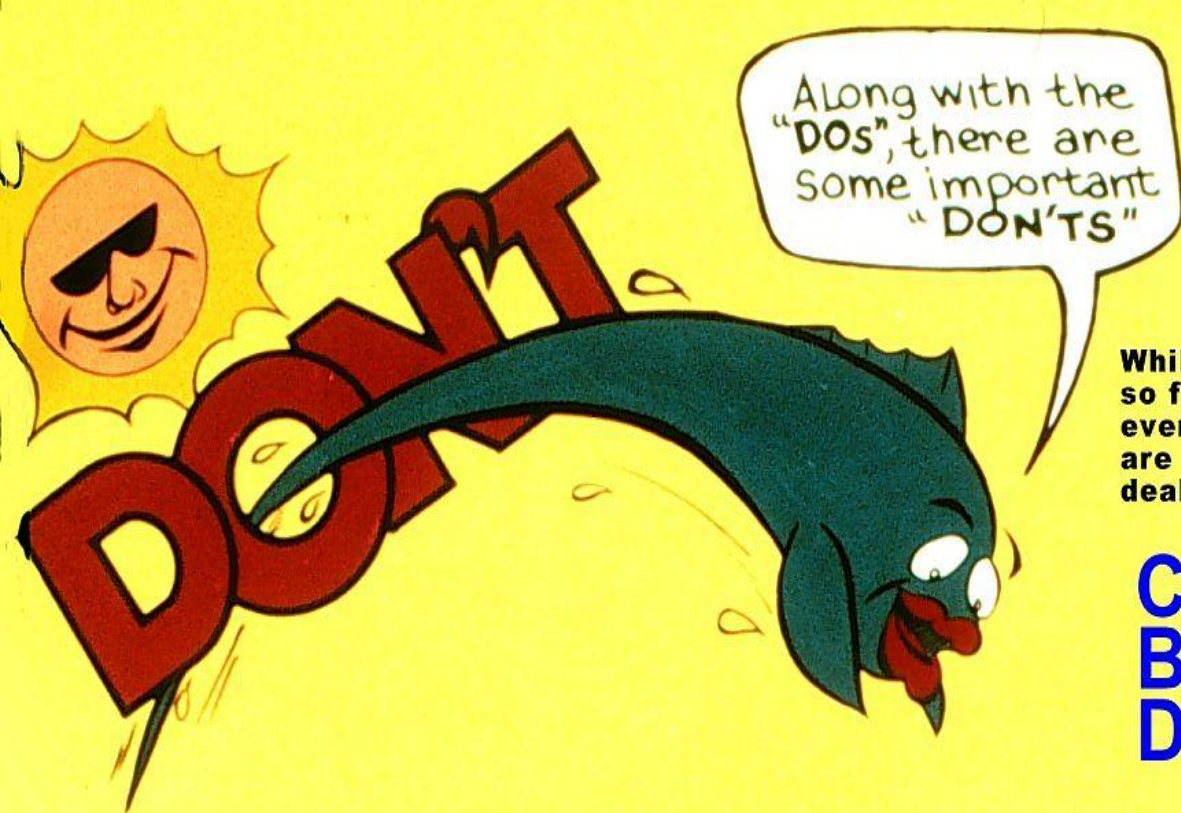
Always check the water before you dive in. Water that was deep enough to safely dive into a week ago may now be too shallow because of a lack of rain or drainage. At any rate, you always want to check and be sure no stumps or other hazards are hiding under the surface ready to scalp you - or worse



HOLD IT!



Always check the water before you dive



While the "dos" and "don'ts" talked about so far are probably old stuff to just about everybody, there are two DO NOTs that are not as well known. These two DO NOTs deal with the danger of swimming in cold water.

COLD WATER IS THE BIG KILLER IN ARMY DROWNINGS



- 1.** Don't swim Alone.
- 2.** Don't swim right after eating.
- 3.** Don't play around in the water.
- 4.** Don't swim if you're tired, cold or feel lousy.
- 5.** Don't jokingly call for help when it's not needed.

WATER SAFETY

USAREUR REGULATION

385-2

USAREUR REGULATION 385-2




PROHIBITS SWIMMING IN NATURAL BODIES OF WATER

(LAKES, RIVERS, CANALS, GRAVEL PITS, PONDS, FISH FARMS, FOUNTAINS RESERVOIRS, AND STREAMS)

NOT INCLUDING US CONTROLLED AREAS

SWIM IN APPROVED AREAS ONLY!



You don't need a rule book to tell you to swim in a supervised area where others are around.

PUBLIC SWIMMING POOLS

SAFETY CHARACTERISTICS OF A SAFE POOL

- BUOYED LINES SEPERATING SHALLOW AND DEEP WATER
- CLEAN WATER
- LIFE GUARDS
- NON-SLIP SURFACE
- SUPERVISION FOR CHILDREN AND NON-SWIMMERS
- WATER DEPTH MARKERS
- EMERGENCY EQUIPMENT

Pick an area where lifefegurads are on duty.



**BARBEQUEING IS PROHIBITED
AT ALL GERMAN PUBLIC SWIMMING
POOL SITES**

**MOST PUBLIC POOLS ARE EQUIPPED
WITH WATER SLIDES 30-60 METERS LONG.
OBSERVE TRAFFIC CONTROL LIGHTS WHEN
USING SLIDES**

**IT IS PROHIBITED TO JUMP INTO THE
POOL FROM THE SIDES**

**MOST POOLS HAVE POOL PLAYGROUNDS
FOR KIDS**

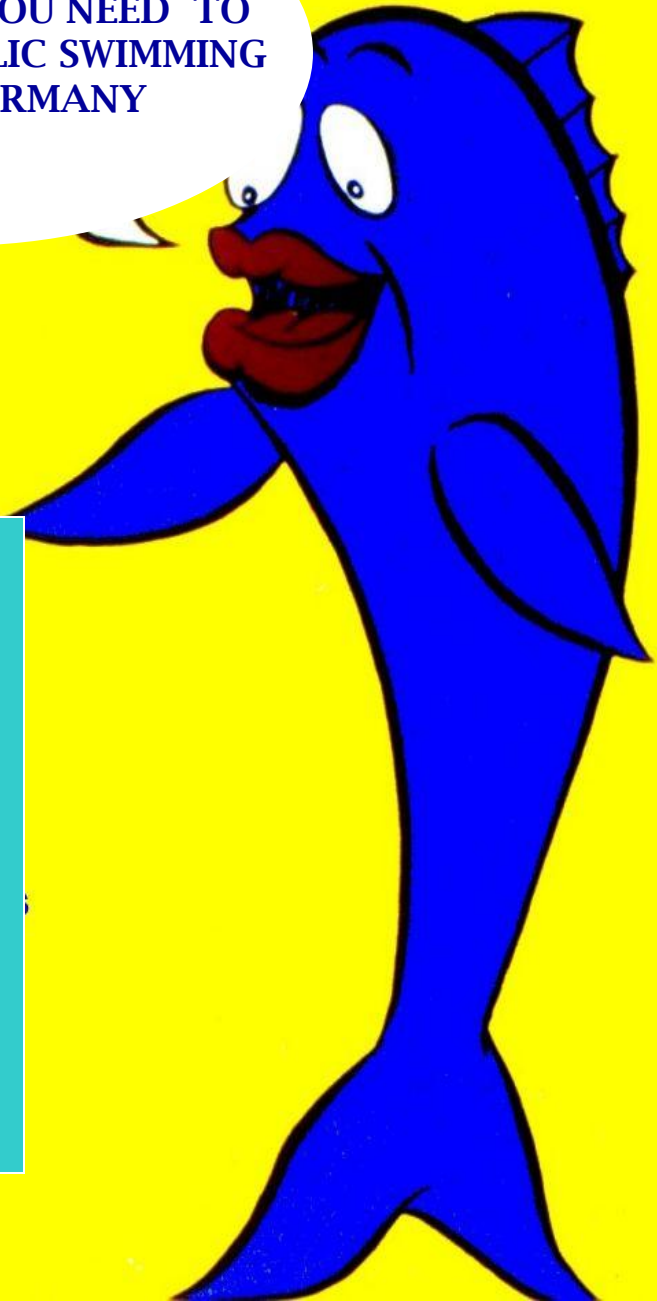
**OH, SOMETHING YOU NEED TO
KNOW ABOUT PUBLIC SWIMMING
POOLS IN GERMANY**

-PUBLIC SWIMMING POOLS GETCROWDED

**-KEEP CHILDREN UNDER CLOSE SUPERVISION
WHEN THEY ARE USING THE PROVIDED PLAY GROUNDS OR
PLAYING IN THE POOLS.**

**-INFLATABLE SAFETY DEVICES AROUND ARMS OR WAIST ARE
NO LIFE GUARANTEE**

**-WHEN USING INFLATABLE BOATS OF MATTRESSES, MAKE
SURE THAT WEIGHT LIMITS ARE CONSIDERED**



SWE BAD, WIESBADEN (INDOOR)

**LEINFELDCHEN BAD, WIESBADEN
(INDOOR/OUTDOOR)**

PELBAD, WIESBADEN (OUTDOOR)

ALLEBAD, WIESBADEN (OUTDOOR)

**HERMALBAD, WIESBADEN (INDOOR/
OUTDOOR)**

AINSPITZE, MAINZ-KASTEL (OUTDOOR)

*AVAILABLE
SWIM AREAS WITHIN
THE USA & WIESBADEN*

**SCHWIMMBAD AM TAUBERTSBERG (INDOOR/
OUTDOOR)**

**SCHWIMMBAD AM GROSSEN SAND, MAINZ-MOMBACH (INDOOR/OUTDOOR)
PRESENTLY THE MAINZ CITY PARLIAMENT IS DISCUSSING THE CLOSURE
OF THIS PUBLIC POOL**

PALMENBAD, KOSTHEIM (INDOOR)

SCHWIMMBAD INGELHEIM (INDOOR/OUTDOOR)



Water sports should
be **SAFE** as well
as **FUN**.

QUESTIONS???

PLAYING IT SAFE IN THE WATER

