

MUTT E WATERS

WATERSAFETY CONSIDERATIONS

Many unforeseen circumstances may arise while enjoying your time with Mutt E. Waters. The water contains many diverse and dangerous situations including but not limited to sunburns, dehydration, hypothermia, heat exhaustion or stroke and many trip or fall hazards and or drowning. Some of these conditions can be negated or lessened through proper education and preparedness.

Hazardous conditions:

Sunburn: Too much sun exposure can happen rapidly on the water, always carry the proper sunscreen Spf 30 to protect your skin from the sun's harmful rays and prevent blisters and burning.

Dehydration: during strenuous activities a person can lose up to a quart of water per hour through perspiration. During water activities a person can spend a considerable amount of time in direct sunlight and thus lose large amounts of fluid. Always provide yourself an adequate supply of fluids to avoid dehydration. If a person is not hydrated enough they may experience light headedness, dizziness, or have tingling sensations or numbness.

Hypothermia: Low body temperature is a real potential danger on the water where temperatures may be in the 48 to 64 degree range. These low ambient temperatures combined with rain, wind, or wet clothing can greatly increase the rate of evaporation and skin cooling. Hypothermia can cause shivering and impaired judgment. As core body temperatures drop below 90-85 degrees shivering stops speech may become slurred, movement may become difficult and clumsy. At this point respiration will become shallow and heartbeat will become irregular. Pale lips, nose and bluish colored fingernails are also indicative of hypothermia and medical attention should be located immediately.

Hyperthermia/ Heat stroke/ heat exhaustion: During exercise a tremendous amount of heat is generated by the muscles. Body temperature is regulated almost entirely through the evaporation of sweat. High humidity reduces this evaporation and increases the risk of heat exhaustion or heat stroke. Excessive thirst, dry mouth, weakness, headache, unsteadiness, visual disturbances, dizziness, pale clammy skin, slow pulse and faintness are all symptoms of overheating. Seek medical attention.

Lightning: In the event of lightning get off the water and seek shelter away from metal objects, telephone wires, poles or other electrical equipment.

Trip or fall hazards: The lake and/or river is full of trip and fall hazards by debris, slippery surfaces, and all manner of unforeseen objects. Ultimately it is the participant's responsibility to make sound judgments as to how to avoid such situations and conditions.

Drowning: It is the participant's personal responsibility to be aware of swift water and or situations which exceed their personal abilities while on the water. The water is a wild area in which life guards are not present, please take the time to assess dangerous situations as they arise and avoid putting oneself in harm's way. You are your own best chance at overcoming dangerous situations.

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