

Safely swimming is a much nicer way to spend the summer than.....

By LORRAINE ASPDEN

Drowning in Canada is increasing at an alarming rate says the Canadian Red Cross. It now stands third in causes of accidental death, surpassed only by traffic accidents and fatalities through falls. Over 1,200 Canadians will drown this year.

The Red Cross has been publicizing rules on water safety for many years to cut down on the dangers, hazards and deaths associated with boating and swimming. "But few people listen," says Red Cross area consultant, Joan Hall.

Using a little reverse psychology, the Red Cross launched a "Yell To Us for Help" campaign. It uses a negative approach in the hopes of getting more people aware of watersafety and thusly minimizing drowning incidents.

Included in the campaign is a little booklet with bright colorful cartoons entitled — "12 Easy Drowning Lessons" — or, what not to do when near the water. The twelve lessons are, according to the Red Cross, the most common causes of drowning in Canada:

- Think you are a better swimmer than you are. Don't bother to find out how far you can swim in a pool — try it in a lake first.
- Leap before you look. Jump into a lake before checking first for rusty cans, broken bottles, stumps or sharp rocks.
- Go swimming alone. That way if you get into trouble, and start to drown, there will be no one around to help you.
- Show everyone what a great show off you are in the water, on the dock or in a boat. It's a great way to get attention from the undertaker.
- Overload your boat. Make sure at least two thirds of your boat is below the water line.

Senseless deaths — a diver's view

By MIKE RIMMER

I am a diver. I have been for 15 years. Before that I was a water safety instructor and lifeguard. Water safety has been second nature to me for a long time.

As a diver I strap 80 pounds of equipment (with quick releases mind you) on my back and walk into the water for fun. But sometimes it isn't fun.

Being a diver, I have often been called out to assist in the recovery of drowning victims. In every case to date the tragedy could have been prevented —

The canoeist who had been drinking, was wearing heavy clothes and boots, but no life jacket.

The young boy who tried to keep up with his friends who were much better swimmers.

The boy who was swimming alone at a crowded beach and wasn't missed until it was too late.

The little girl playing by the rivers edge, by herself. She tripped into the water and couldn't swim in the swift current.

The two fishermen who went out in a little duck boat designed for one man. They weren't wearing life jackets. One made it home.

The man who drove the cat onto lake ice a bare five inches thick. He compounded the error, because the cat had an enclosed roll cage.

The diver who attempted to recover a drowning victim but did not have training in search and recovery procedures. It was the first time for both him and his buddy. They attempted to do a deep water search with a boat tow sled, a shallow water technique.

The error was further compounded by the fact the boat operator had no experience in the tricky skill of towing a diver.

The man and girl who went swimming in a back eddy of the river. The current ripping around had gouged deep holes in the river bottom. They both went into one.

The man who went fishing on a floating dock while intoxicated. He was tipsy and so was the dock. The result was inevitable.

The non-swimmer who went wading at any one of my favorite diving spots. It was a favorite because of its well-known 80-foot drop off less than 10 feet from the water's edge.

I could go on.

The message should be clear by now. Common sense and caution are the bywords for anyone working or playing around the water.

Please think about it. I much prefer the pleasures of sport diving to a search for you or your loved ones. In fact I sometimes won't even make the search if the drowning site is too dangerous.

Divers have a saying: "There are old divers and there are bold divers, but there are no old, bold divers."

I want to be an old diver.

— Don't go prepared. Don't carry safety equipment, life jackets, paddles, a bailer or a fire extinguisher with an inboard motor.

— No matter how far away from shore you are when your boat overturns — try to swim for shore. Don't hang onto the boat till you drift ashore or until help comes.

— Don't wear a personal flotation device — it's too much bother.

— Parents should not supervise their children near the water or teach them how to swim. Allow them to play near ice covered ponds, lakes and rivers during the winter.

— If your child can't swim, give him an inflated toy or inner tube to play with or put a boyant aid on him to paddle around with unattended.

— Go skating, ice fishing or snowmobiling on thin ice. One inch is nice and dangerous — four inches is too safe.

— Try to rescue someone from drowning without knowing how to do it. Don't bother to find out how from Red Cross water safety programs.

LOCAL SWIMMING FACILITIES

If you'd rather not follow these 12 easy lessons — the Red Cross will teach you how to swim, how to handle a small craft, and how to save lives. By mid summer 40 people will be hired by the City Parks and Recreation Department to supervise pools, instruct and life-guard.

Pools at the Indian Reserve, Centennial Building, Brocklehurst pool, Riverside Park, MacDonald Park and Scotts Motor Inn as well as private pools will all soon be used for swim classes.

The majority of levels of Red Cross and Canadian Royal Life swim programs are offered in Kamloops. These include six levels in the Red Cross Learn to Swim program.

Serious swimmers then advance through Royal Life-Saving programs to the bronze level medallion and the bronze cross, both are required to life-guard on a pool deck, says Hall.

After the cross award, the usual progression is the Royal Life leaders award, at the age of 15. A leaders course will be conducted out of the Brocklehurst pool June 7 to 14, by Sherry Kask. The cost is \$15 plus \$10 manual fees.

LOCAL RED CROSS PROGRAMS

From this stage, swimmers can advance to their Royal Life award of merit and then at the age of 17 to the Royal Life instructors award. Joan Hall will be conducting an instructors school at the Brocklehurst Pool, June 21 to 26. The fee is \$25 plus \$5 manual fee.

The last two swimming awards are very sophisticated programs and held by few Canadians; the Royal Life award of distinction and the Royal Life diploma, said Hall. Registration remains open for any of the swim classes available in Kamloops. Call City Parks and Recreation for information.

Both City Recreation officer, George Fudge and Hall warn swimmers against swimming in the roped off areas of Pioneer and Riverside Parks. "The undercurrents in these areas are very dangerous and we advise swimmers to use the pools instead," says Fudge.

These areas may be opened later in the summer once high water has passed, said Fudge.

As many as 75 percent of the accidental drownings in Canada last year were with males from 19 to 30 years old, said Hall. "Alcohol, over confidence, lack of safety equipment and over-powered boats were the four main reasons for the high figure."

She expects the MacDonald Park pool to open near the middle of July to help ease the traffic at the Centennial pool in Riverside Park and the Brocklehurst pool.

"It will be at least two years before the two new indoor facilities, passed by the recent referendum, will be completed, she said. For any information on Red Cross water safety, instructor training, swim programs or small craft safety, call Hall at 374-5845.



THE WET HEAD is dead. He drowned. He was 16 and would have started grade 10 next year. Over 1,200 Canadians will drown this year. Most of them between the ages of 13-19. Don't be one of them. Find out more about water safety by calling the Red Cross at 374-5845.

Vincent's
Salon of Beauty



Formerly of
283 Third Avenue
will be closed until
JUNE 17th

when they will be at
their new address -
432 ST. PAUL STREET

Vincent would like to
thank all his customers
and looks forward to
seeing them at his new
location.

The phone number
remains unchanged: **374-1131**

SCHOOL DISTRICT NO. 24

Mass Band Concerts

TONIGHT

MONDAY, JUNE 7th

NORTH SHORE BANDS

MacArthur Island Sports Centre

8:00 P.M.

TOMORROW

TUESDAY, JUNE 8th

SOUTH SHORE BANDS

Memorial Arena 8:00 P.M.

NO CHARGE