



July 2015

*Neighbors Helping
Neighbors...*

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Next Meeting Dates:

General Meeting:

July 8, Fire Station 1.
Radio Communications.
Meeting starts at 6:30 with
doors open at 6:00 PM.

Leadership Meeting:

July 22, Fire Station 1.
Meeting starts at 6:30 with
doors open at 6:00 PM.



Ready Neighbor News

July—make time to consider swimming safety

The new boat captain jumped from the cockpit, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the owners who were swimming between their anchored boat and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine, what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept toward them. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not ten feet away, their nine-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"

How did this captain know, from fifty feet away, what the father couldn't recognize from just ten? Drowning is not the violent, splashing, call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, had learned what drowning looks like by watching television. If you spend time on or near the water (hint: that's all of us) then you should make sure that you and your crew knows what to look for whenever people enter the water. Until she cried a tearful, "Daddy," she hadn't made a sound. As a former Coast Guard rescue swimmer, I wasn't surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing, and yelling that dramatic conditioning (television) prepares us to look for, is rarely seen in real life.

The Instinctive Drowning Response – so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the number two cause of accidental death in children, age 15 and under (just behind vehicle accidents) – of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In ten percent of those drownings, the adult will actually watch them do it, having no idea it is happening (source: CDC). Drowning does not look like drowning – Dr. Pia, in an article in the Coast Guard's On Scene Magazine, described the instinctive drowning response like this:



Swimming Safety *continued...*

1. Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled, before speech occurs.
 2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
 3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water, permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
 4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.
 5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.
- This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble – they are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long – but unlike true drowning, these victims can still assist in their own rescue. They can grab lifelines, throw rings, etc.

Look for these other signs of drowning when persons are in the water:

- ☐ Head low in the water, mouth at water level
- ☐ Head tilted back with mouth open
- ☐ Eyes glassy and empty, unable to focus
- ☐ Eyes closed
- ☐ Hair over forehead or eyes
- ☐ Not using legs – Vertical
- ☐ Hyperventilating or gasping
- ☐ Trying to swim in a particular direction but not making headway
- ☐ Trying to roll over on the back
- ☐ Ladder climb, rarely out of the water.



So if a crew member falls overboard and every looks O.K. – don't be too sure. Sometimes the most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking up at the deck. One way to be sure? Ask them: "Are you alright?" If they can answer at all – they probably are. If they return a blank stare – you may have less than 30 seconds to get to them. And parents: children playing in the water make noise. When they get quiet, you get to them and find out why.

Fun Activities on the Horizon

The second annual CERT BBQ will be Saturday, August 22nd at noon. The BBQ will once again be at Emigrant Lake and volunteers are welcome to bring friends and family. Feel free to bring a dish to share if you like or something to grill.

There is a small entrance fee which is the responsibility of those attending. CERT cannot pay parking fees unfortunately.

Fun activities include GeoCaching, Radio Games, and much more. Please RSVP for planning purposes.

Stay Hydrated

Water is important to the body at all times, but especially in hot weather. It keeps the body from overheating. When you exercise, your muscles generate heat. To keep from burning up, your body needs to get rid of that heat. The main way the body discards heat in warm weather is through sweat. As sweat evaporates, it cools the tissues beneath. Lots of sweating reduces the body's water level, and this loss of fluid affects normal bodily functions.

Signs of dehydration

If you suspect that someone is dehydrated, seek immediate medical attention.

Signs of dehydration include:

- fatigue
- loss of appetite
- flushed skin
- heat intolerance
- light-headedness

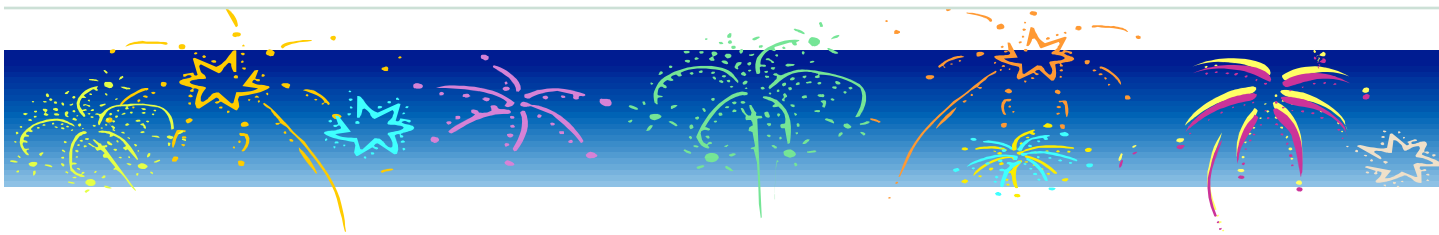
- dark-colored urine
- dry cough

The best way to beat dehydration is to drink before you get thirsty. If you wait until after you're thirsty, you're already dehydrated.

How to avoid dehydration

According to the American College of Sports Medicine, to avoid dehydration, active people should drink at least 16-20 ounces of fluid one to two hours before an outdoor activity. After that, you should consume 6 to 12 ounces of fluid every 10 to 15 minutes that you are outside. When you are finished with the activity, you should drink more. How much more? To replace what you have lost: at least another 16 to 24 ounces (2- 3 cups) .

One way to make sure you are properly hydrated is to check your urine. If it's clear, pale or straw-colored, it's OK. If it's darker than that, keep drinking!



American Heart Association HeartSaver First Aid / CPR / AED

HeartSaver First Aid, CPR, AED, is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

The cost for this course is \$55, which includes a student study book and card*. The class takes approximately 8 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

*Upon successful completion, students will receive an American Heart Association HeartSaver First Aid, CPR, AED Course Completion Card that is valid for two years.

When: July 11, 2015

Where: Ashland Fire Station 1

Time: 9am-5pm

Cost: \$55

Registration is first-come, first-served according to when class fees are paid. Classes are typically limited to 8 people. Participants may register by mailing a check or by paying in person 8 AM - 4 PM Monday - Friday at Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

For information or to register contact the Ashland CERT Program Coordinator
541-552-2226 | cert @ ashland.or.us



CERT 2015 Calendar of Events

January 2015	February 2015	March 2015
General Meeting Jan 14 Movie Night: Cascadia Fault CERT Luncheon - Jan 20 Leadership Meeting Jan 20 - CERT Handbook JoCounty CERT Training - JAN. 30 - FEB. 1	General Meeting Feb 11 Avista: Carbon Monoxide Awareness Emergency Food Prep Challenge CERT Luncheon - Feb 17 Leadership Meeting Feb 25 - Everbridge Training	General Meeting March 11 - ECSO Tour CERT Luncheon - March 17 NO Leadership Meeting Base Inventory - March 7
April 2015	May 2015	June 2015
General Meeting April 8 - Building Triage CERT Luncheon April 21 Leadership Meeting April 22 (Basic Planning)	Basic Training General Meeting - Mercy Flights Leadership Meeting - Basic AAR Base Bike Ride - May 31	Firefighter Rehab Mission - June 6 General Meeting - Basic Graduation CERT Luncheon - June 16 Leadership Meeting - Parade Planning
July 2015	August 2015	September 2015
Parade Support - July 4 General Meeting July 8 - Radio Communications Evacuation Training - July 11 CERT Luncheon - July 21 Leadership Meeting - July 22 - Parade AAR	General Meeting Aug 12 - Sharon Lee guest speaker CERT Luncheon - August 18 Leadership Meeting August 27 - Advanced Radio CERT BBQ - August 22	General Meeting Sept 9 - Opening Bases CERT Luncheon - Sept 15 Leadership Meeting Sept 23 - Basic Planning
October 2015	November 2015	December 2015
Basic Training - October 1-3 and 8-10 General Meeting Oct 14 - Basic Graduation CERT Luncheon - Oct 20 Leadership Meeting Oct 28 Base Bike Ride - October 18	Certified Driver Training - Nov 14 NO General Meeting CERT Luncheon - Nov 17 Leadership Meeting Nov 18 - Annual Planning	CERT Annual Review - Dec 9 CERT Luncheon - Dec 15 HOLIDAY SEASON - Training Stand Down

Note: General meetings are open to the public. Doors open at 6pm. Meetings are from 6:30pm-8pm at Fire Station1.

Ashland CERT
455 Siskiyou Boulevard
Ashland, OR 97520

TO: