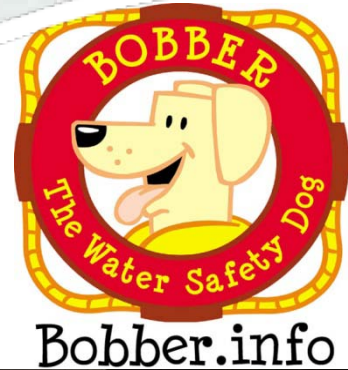


A Basic Course for Army Personnel on Avoiding Water-related Accidents



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BUILDING STRONG®







Courtesy
Deck
Seating and
Viewing Only



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Sam Rayburn Reservoir

Since 1965 there have been 126 fatalities and water related deaths at Sam Rayburn

- That is an average of about 3 per year
- There are approximately 1.5 million visitors to Sam Rayburn per year
- That amounts to about 0.0002%
- But one is too many – don't be a statistic!

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**Drowning is second leading cause of
accidental death for people 0-44 years old**

Water related deaths on Sam Rayburn Reservoir

- 95% are male**
- 75% are under 44 years of age**
- 2 main activities the victims were engaged in are
swimming and boating**

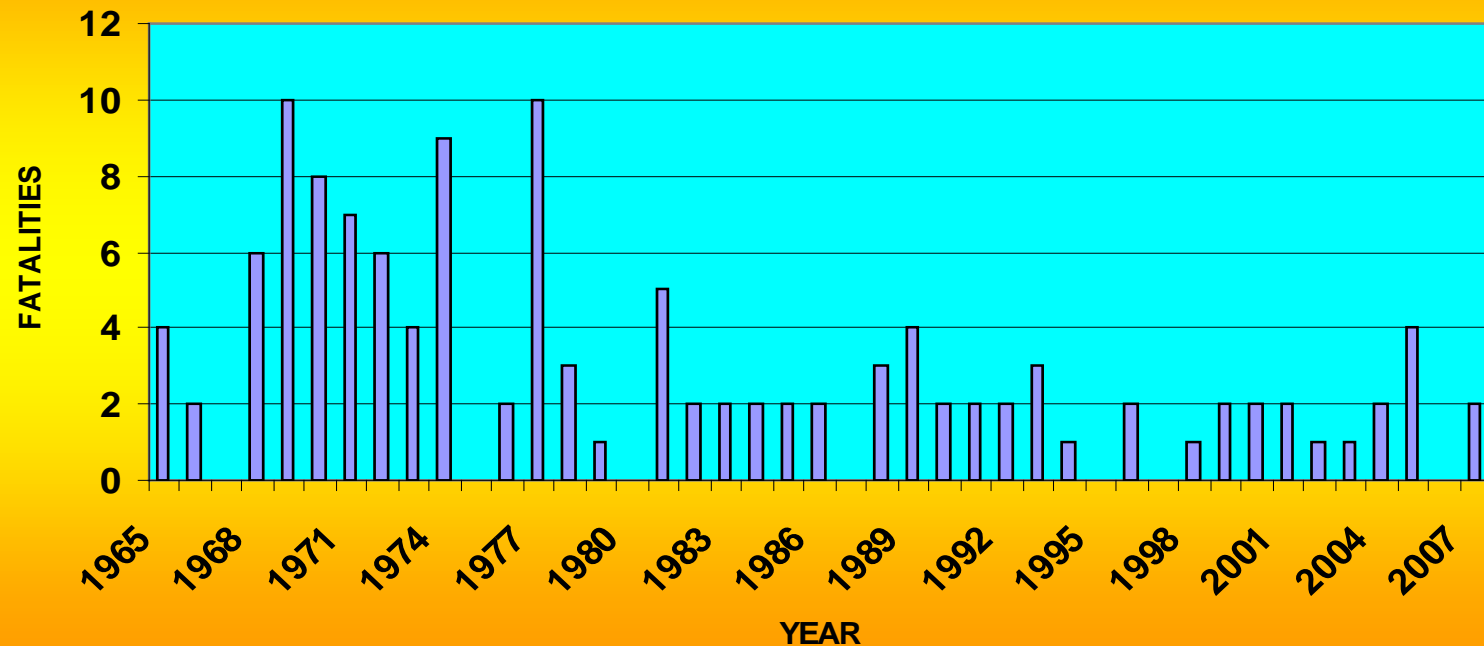
Almost all knew how to swim

- Many water related deaths occur within 10 feet of
safety and happen to people who did not intend to be
in the water**



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Sam Rayburn Reservoir Fatalities by Year Since Impoundment

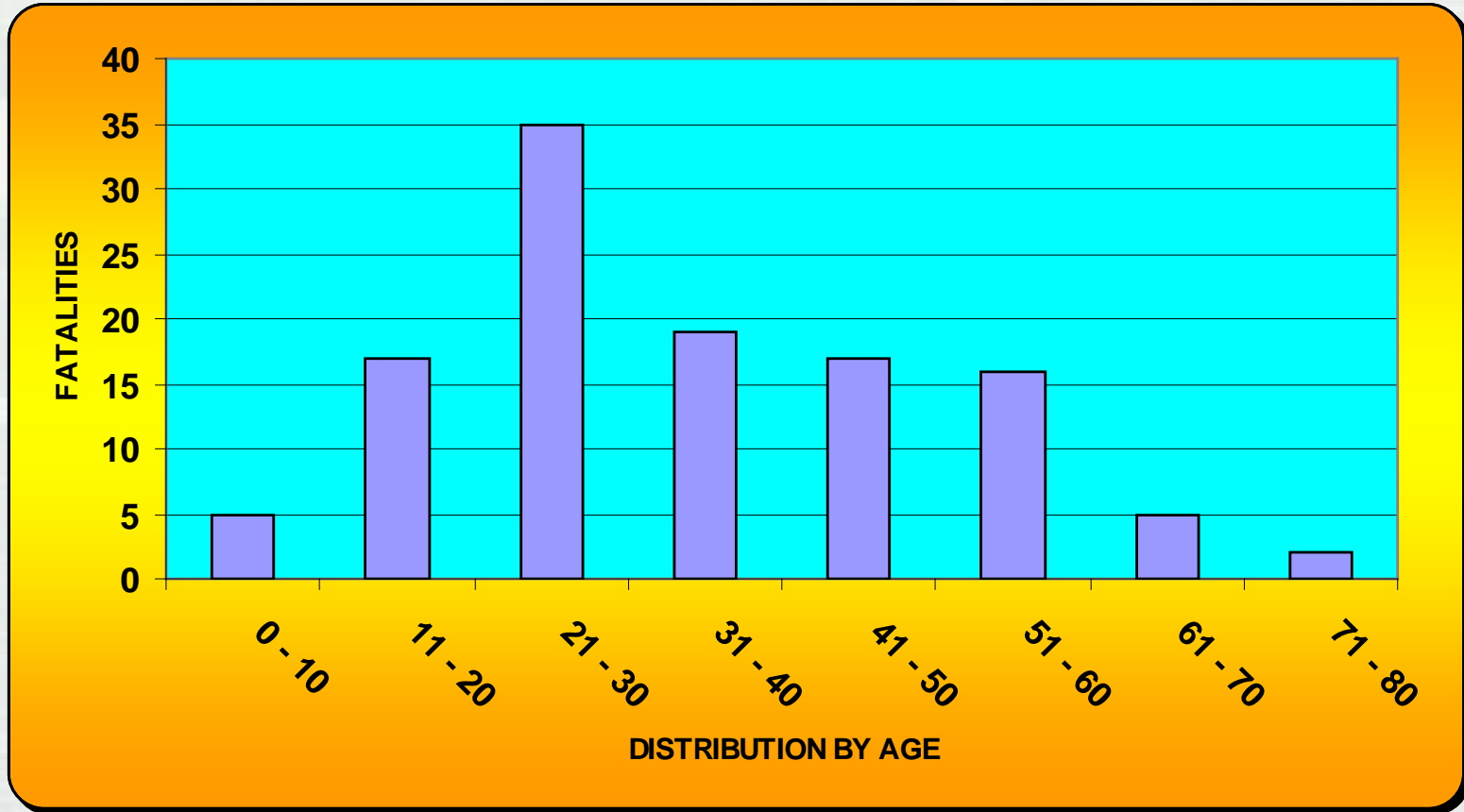


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Sam Rayburn Reservoir Fatalities by Age Since Impoundment

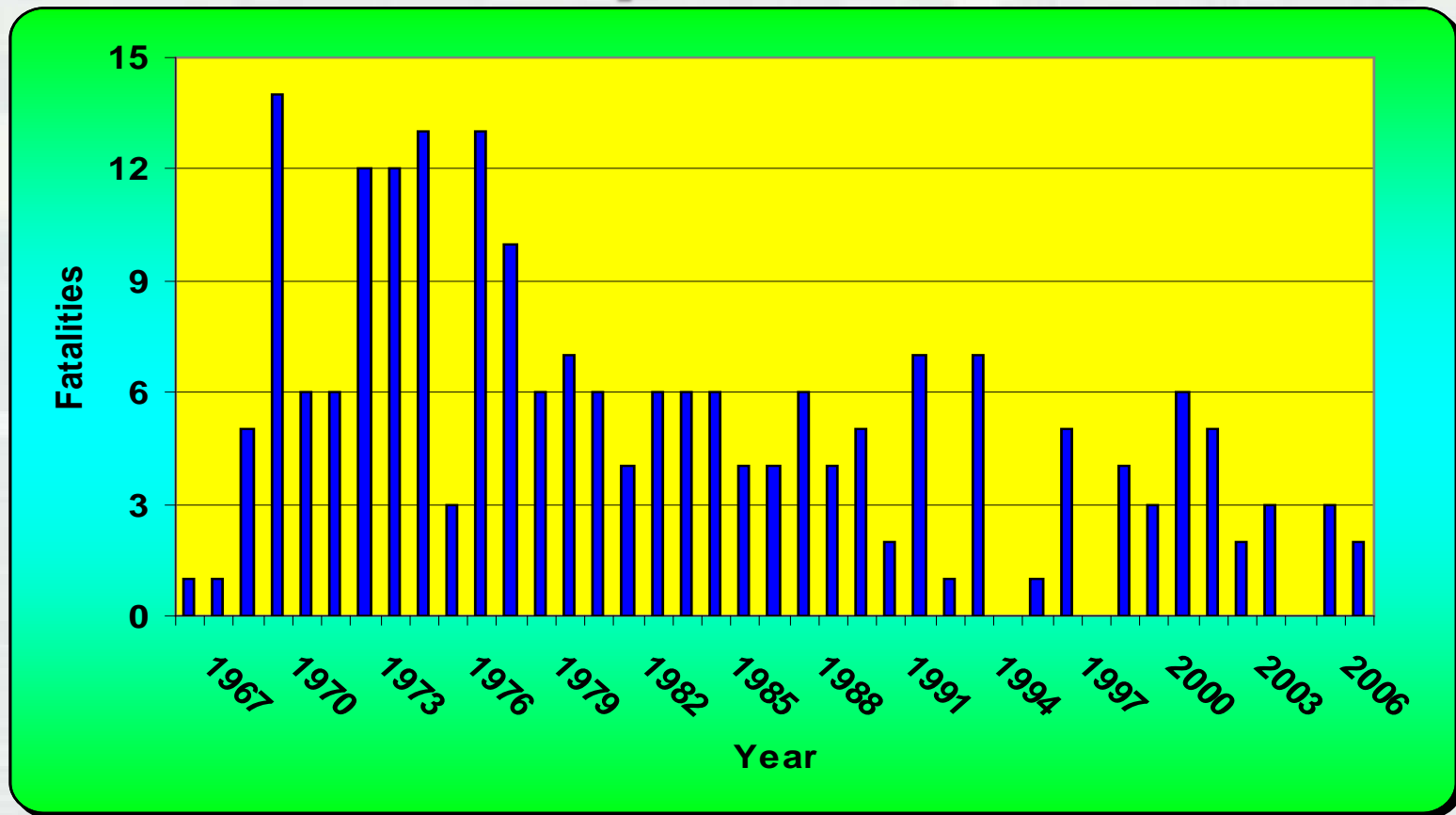


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Toledo Bend Reservoir Fatalities by Year Since Impoundment

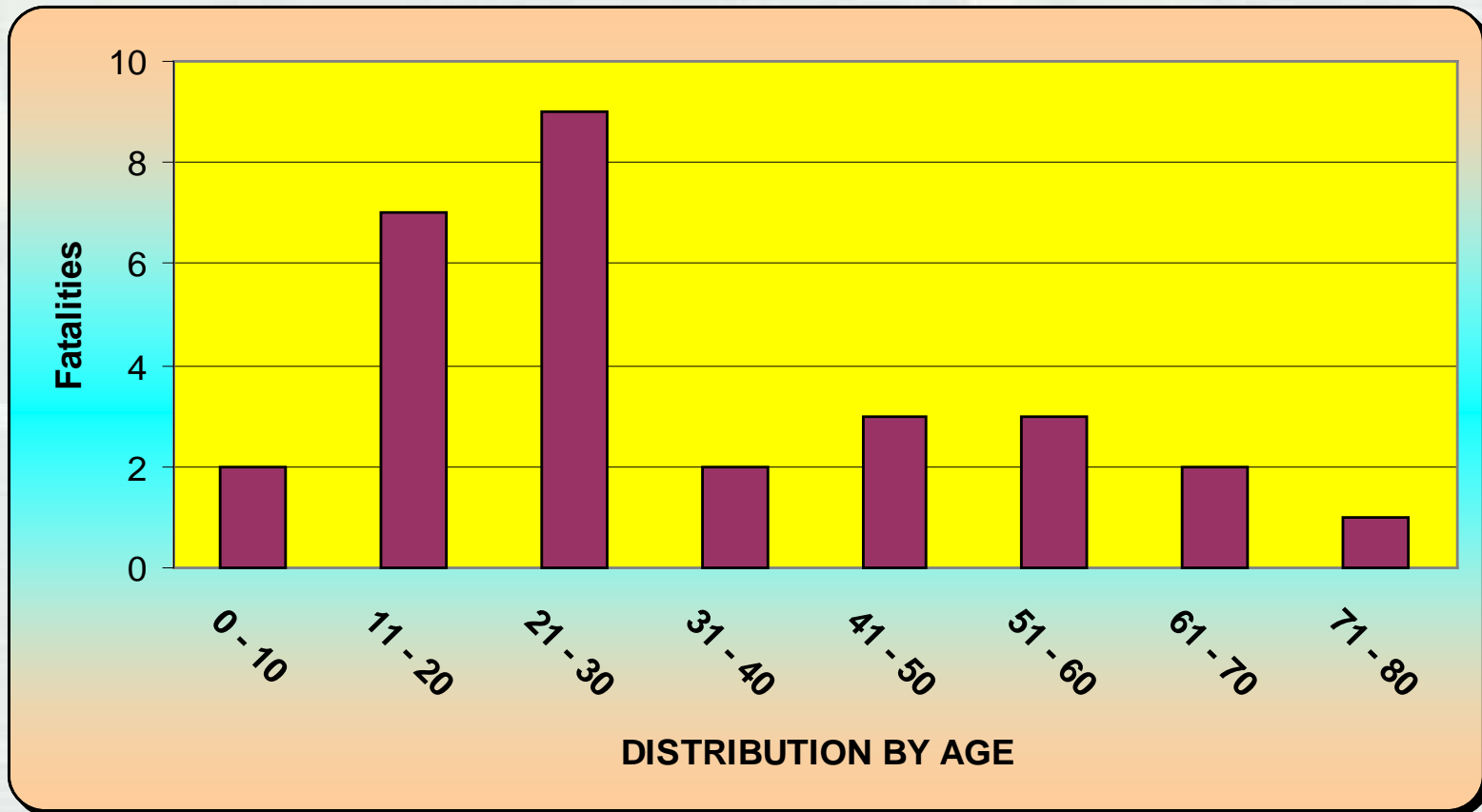


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Toledo Bend Reservoir Fatalities by Age Since Impoundment

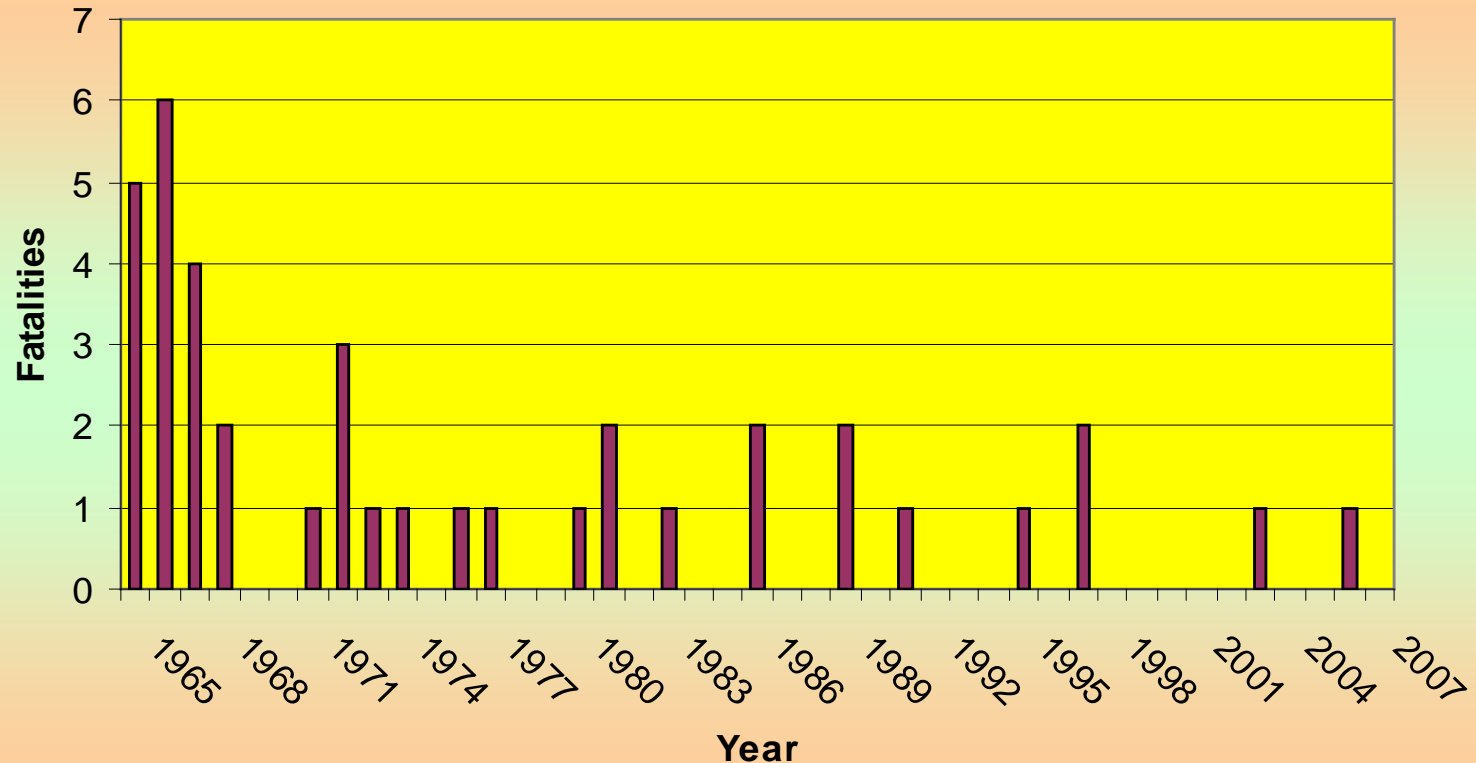


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B. A. Steinhagen Reservoir Fatalities by Year Since Impoundment



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Causes of Adult Swimming Fatalities

TOP TEN



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Causes of Adult Swimming Fatalities

TOP TEN


10. Overestimating one's ability

Got a sinking feeling?
You underestimated the distance. Now what?



Be aware that conditions of open waters, such as current, temperature and distance, may challenge your strength and swimming skills.

Be smart. Know your limits.

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<http://watersafety.usace.army.mil/>

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Causes of Adult Swimming Fatalities

TOP TEN

9. Falling off flotation TOYS



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Causes of Adult Swimming Fatalities

TOP TEN

**8. Cold water –
Hypothermia decreases
physical ability**

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Causes of Adult Swimming Fatalities

TOP TEN

7. Falling in without intending to

WOW! What an embarrassing way to go.

Don't let a fall overboard put you under.



Nearly 90% of drownings on Corps of Engineers lakes could have been prevented had the victim been wearing a life jacket.



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Be safe. WEAR a life jacket.

<http://watersafety.usace.army.mil/>

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Causes of Adult Swimming Fatalities

TOP TEN

6. Swimming after wind-blown objects



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Causes of Adult Swimming Fatalities

TOP TEN

5. Wading off steep drop-off



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Causes of Adult Swimming Fatalities

TOP TEN

4. Jumping off cliffs or bridges or other high risk behaviors

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Causes of Adult Swimming Fatalities

TOP TEN

3. Swimming to rescue someone else

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Causes of Adult Swimming Fatalities

TOP TEN

2. Alcohol or drug use

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Causes of Adult Swimming Fatalities

TOP TEN

**1. Not admitting you are a poor swimmer
(to yourself or to your group)**

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Recognize the drowning “Look”

- Drowning is called the “Silent Killer”
- Vertical in water, head back, arms out, working to keep head out of water



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Ways to Decrease Swimming Drownings in Open Water

- **Education** - teach basic water safety concepts
- **Teach “Reach, Throw, Row- Don’t Go!”**
- **Natural Hazards** – water level fluctuations, submerged stumps, weather changes, etc.





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Ways to Decrease Swimming Drownings in Open Water

- Watch your children – stay within an arm's reach
- Swim with a group – (Battle Buddy = Swim Buddy)
- Easy on the booze
- Respect the water – It is very unforgiving.
- Respect the weather - In Texas it changes fast.

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Summary of Swimming Safety

Know swimming safety rules

FOLLOW them

Avoid high risk behaviors

Swim with a buddy

Easy on the booze

Know your limitations

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Break





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Boating safety resources

Know Before you GO! Take a boating course

Texas Parks and Wildlife on-line

Texas Parks and Wildlife instructor-led classes –
Check web site for classes

US Coast Guard Aux and US Power Squadron

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**Single best way to prevent boating fatalities is to
Wear a PFD.**

PFDs – Life Jackets

Type I - Offshore

- Extra flotation,
- Will turn an unconscious person face up,
- For use when rescue may be a long time coming



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**Single best way to prevent boating fatalities is to
Wear a PFD.**

PFDs – Life Jackets

Type II - Nearshore

- Cheapest and most common,
- Will turn an unconscious person face up,
- Uncomfortable, so rarely worn



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**Single best way to prevent boating fatalities is to
Wear a PFD.**

PFDs – Life Jackets

Type III – Flotation Aid

- More comfortable,
- Will NOT always turn an unconscious person face up,
- For use with specific water sports



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**Single best way to prevent boating fatalities is to
Wear a PFD.**

PFDs – Life Jackets

Type IV - Throwable

- Ring Buoy or seat cushion,
- Good to have a line attached to it,
- Must have one on boats over 16 feet long



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**Single best way to prevent boating fatalities is to
Wear a PFD.**

PFDs – Life Jackets

Type V - Hybrids

- Kinds that don't fit other categories,
- Inflatables and work vests included



Industrial Work Vest
Type III/V

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**Single best way to prevent boating fatalities is to
Wear a PFD.**

Life Jackets:

- Number required
- Easily accessible
- In good condition
- Right size for passengers on board
- Throwable PFD required for boats > 16'



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**Single best way to prevent boating fatalities is to
Wear a PFD.**

Life Jackets:

- New styles more comfortable and no longer “geeky”
- Inflatables are now USCG approved



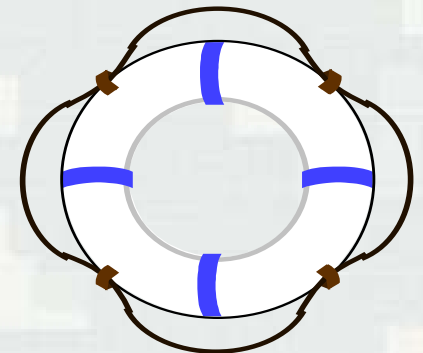


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Required Safety Equipment on Board

Life Jackets – float cushions, life rings, throw ropes

- Proper ventilation (inboards & inboard/outboards)
- Boat identification/registration, Certificate of Numbers
- Sound producing device
- Fire extinguishers-current date
- Navigation lights if out at night



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Required Safety Equipment on Board

LIVES acronym

- **L**ife Jackets
- **I**dentification/Registration of Boat
- **V**entilation (Inboards and Inboard/Outboards)
- **E**xtinguishers
- **S**ound Producing Device

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Top 10 Causes of Boating Fatalities

- Careless/reckless operation
- Operator inattention
- Excessive speed
- Operator inexperience
- Passenger/skier behavior
- Alcohol/drug use
- Hazardous waters
- No proper look- out
- Machinery system failure
- Weather



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Best Practices on Board

- Basic boating equipment - basic tools, oar or paddle, anchor, boat ladder
- Be prepared for unexpected- flashlight, first aid equipment, maps
- Let someone know where you are – File a float plan
- Working cell phone
- Know the “rules of the road”
- Easy on the alcohol!

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Personal Watercraft (PWC)

- Extremely fast
- Ridden by people with very little experience or training
- Does not steer unless under power – opposite to natural instinct of avoiding collisions
- Additional Laws for Operation
 - Must wear a PFD
 - 50 foot rule
 - No night operation



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Boating Safety Summary

Know Before You Go!

You Train as a Soldier – You Should Train as a Boater

Wear A PFD!

You Gear up for Battle – You should Gear up for Boating

Think – Don't Sink!





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OTHER RESOURCES

National Safe Boating Council -

<http://www.safeboatingcouncil.org/>

National Water Safety Congress-

<http://www.watersafetycongress.org/>

**US Army Corps of Engineers National
Water Safety Program-**

<http://watersafety.usace.army.mil/>

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OTHER RESOURCES

National Safety Council -

<http://www.nsc.org/library/facts/drown.htm>

American Red Cross Water Safety -

http://www.redcross.org/article/0,1072,0_312_6726,00.html

More Water Safety Lesson Plans-

<http://corpslakes.usace.army.mil/employees/watersafety/pdfs/resguide.pdf>

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PARTING SHOT

IN SHORT, WHEN YOU GO OUT ON LEAVE,



MAKE SURE YOU COME BACK...

WEAR YOUR LIFE JACKET

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Photo By: Sgt. 1st Class Dexter D. Clouden

Courtesy of the U.S. Army