

FIRST AID

Lifeguards are certified in First Aid and are the first line of defense when an accident or injury occurs. Members are asked to cooperate with their instructions and assist if asked. Notify the front office as soon as possible when an accident or injury occurs. First aid supplies are located in boxes at each lifeguard stand, at the front office and in the Fitness Center. Members are urged to stay calm in the event of an emergency and to notify club personnel immediately so we can arrange for immediate assistance.

HEALTH AND SAFETY TIPS FOR YOUR INFORMATION

Cramps: When a swimmer experiences a cramp the first thing to remember is not to panic. Relax as much as possible and begin to float if necessary. If it is at all possible, leave the water. Cramps can be relieved more comfortably on land.

To relieve a cramp, you need only to stretch the cramping muscle. The stretching should be slow and steady, without any bouncing movements. Hold the stretch for 30 to 60 seconds for the best results. If the cramp is severe, the pain may initially get worse for a few seconds as you begin to stretch the muscle. You must continue to stretch the muscle for the prescribed amount of time. If stretched only until the pain goes away, the cramp will usually return immediately upon using the muscle.

Eating Before Swimming: How soon you go into the water after eating should depend on several factors - a) the amount of food consumed, b) the kind of food ingested, c) your general physical condition, d) your degree of fatigue, e) the water temperature, f) the vigor of your swimming activities. Recent studies have suggested that accidents have occurred when people have gone swimming after a large meal not from cramping, but from vomiting their meal and aspirating vomitus into their lungs. After eating a large meal most people do not want to take part in a vigorous activity for an hour or more. This is nature's way of keeping your body quiet while digestion takes place. When you begin to swim, blood is taken away from your stomach to the muscles needed to maintain the swimming activity. This slows digestion. For young children it is best to establish a minimum time of rest following a meal before allowing them to go back into the water. If you feel uncomfortable in the water after eating, get out or slow down your activity. All swimmers should recognize and listen to that uncomfortable feeling as nature's warning that something isn't right.