

HHEAD **o** of **D**DIVISION

(**HOD**)

POND SAFETY

under

DIRECTOR SAFETY

Temple ExNoRa

Head of Division

Temple Pond Safety

The devotees who get into temple ponds as part of their religious rites get drowned and die.

THE REASONS ARE

- **There is no fence to divide the deeper part from the shallow part of the pond**
- **The pond's granite steps are slippery**
- **There are no lifeguards**
- **It is too crowded and one may get drowned unnoticed**
- **Most of the worshippers don't know swimming**

Know What Factors Influence Your Risk

Seven main factors increase your risk of drowning:

- **Lack of swimming ability:** Many adults and children don't know swimming.
- **Lack of barriers:** Barriers such as temple-pond fencing prevent young children from entering the pond without supervision. Adding a four-sided fence around pools reduces a child's risk of drowning by 83 percent compared to a three-sided fencing.
- **Lack of close supervision:** Lifeguards and adult supervision do not eliminate the risk of drowning. Drowning can happen quickly and quietly in ponds, without someone noticing. Always keep an eye on children and women.
- **Life jackets:** Life jackets are not there and provided
- **LIFEGUARDS** are not employed
- **Alcohol use:** Among the adults, alcohol use is involved in 70 percent of deaths associated with temple pond

- **Know Swimming**

The basic swimming skills (jumping into the water over your head, returning to the surface to tread water for one minute, turning around in a full circle and then finding an exit, swimming 25 yards to an exit and exiting from the water without using a ladder).

Being realistic about your swimming level can help prevent you from entering into water situations in which you could potentially drown.

- **Know How to Reduce the Risk of Drowning**

Children, and adults who enter ponds can easily get drowned. Adding a four-sided fencing area that is at least four feet tall significantly reduces that risk.

- **Know About pond Safety**
- **Know the Risks of Delayed Drowning**

Drowning can happen even after someone is rescued from the water. Delayed, or "dry," drowning occurs when the airway closes up due to spasms caused by the presence of water.

Dry drowning usually happens within 24 hours of a water rescue and can also be the result of liquid in the lungs.

Look for continued coughing, trouble breathing, chest pain, fatigue and changes in behavior in rescued persons.

Know How to Respond to an Emergency

If you notice someone is missing, always check the water **FIRST**. If you see a person drowning, reach for them from land or throw them a flotation device—if you enter the water, they may panic and latch on to you, dragging you down with them. (The Temple Ponds should have floatation devices)

- **Know Who Can Save a Life**

Untrained people witnessing a drowning incident may avoid becoming involved and could possibly prevent trained lifeguards from initiating rescue because they fear taking responsibility.

If you think you see someone drowning, do not hesitate to alert a lifeguard, even if you're not sure what drowning looks like or think you might be wrong.

- **Know How to Stay Safe in the Water**

Supervise when in or around water: Designate a responsible adult to watch young children while in the pond and all children swimming or playing near the water. Be close enough to reach a child at all times. Adults should not be involved in any other distracting activity while supervising children, even if lifeguards are present.

Use the buddy system: Always get into the pond with a buddy.

Learn to swim: Formal swimming lessons can protect children from drowning, but are not a reason to avoid constant supervision around the water.

Learn CPR: In the time it takes for paramedics to arrive, your CPR (**CPR**. Cardio Pulmonary Resuscitation) skills could save a victim's life.

Avoid alcohol: Avoid drinking alcohol before or during swimming and water sports. Never drink alcohol when supervising young swimmers. Those who are under the influence of Alcohol should not be allowed to get into the POND

Protect swimmers: Do not let swimmers hyperventilate before swimming underwater or try to hold their breath for extended periods of time. This can cause them to pass out and drown.

Know weather conditions: Strong winds and thunderstorms can rapidly change water conditions. Always check local weather forecasts before going to the pond (larger pond).

• Know How to Educate Others

Staying safe in the water is a community effort. Share this post with friends and family to help them educate themselves about how to stay safe this summer, sign up for adult swimming lessons with friends or register for CPR training with your family. Who knows, you might just save a life.



TEMPLE ExNoRa LIFEGUARDS for POND SAFETY



VOLUNTEERING



See a separate
PPT/ e BOOK
in the WEB INDEX for

TEMPLE ExNoRa
LIFEGUARDS

RIVERS SAFETY FROM CROCODILE

If there is a river, along the temple, care should be taken to ensure that there are no crocodiles. If there are crocodiles, the devotees should be advised not to get into the river









