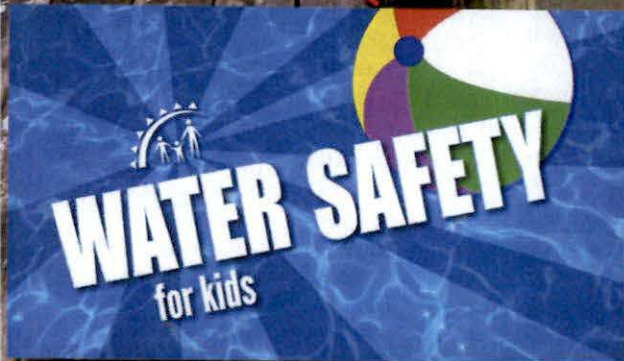


# Spring Break is Right Around the Corner

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Most family vacation spots, especially during Spring Break, involve some kind of water activity. It could be the local beach, a thrill-filled waterpark, or a faraway tropical island. Whatever the destination may be, the underlying message stays the same...Be Water Safe!

Did you know that drowning is the leading cause of injury-related death among children ages one to four according to the Centers for Disease Control and Prevention. That is absolutely terrifying!

With families spending more and more time around water, it is important to remind ourselves of the basics of water safety. I am sure you all have read our summer articles that we co-write with the Montgomery County Constable's Office-Marine Patrol Division about boating safety. In this article we will focus more on tips to keep children safe during the family vacation.

It is easy to become complacent when it comes to water safety. It can become almost as routine as riding a bike. Examples of best practices are wearing a life-jacket, protecting your skin from the sun, and so on. Nonetheless being content could result in dire

consequences. On the other hand, being aware of the potential dangers of water and reminding children of basic guidelines could help prevent an accident from occurring.

As you and your family head to Lake Conroe, a local waterpark, Galveston, or a public reservoir, never let children out of your sight. It is also a good idea to designate a parent or responsible adult to serve as the lifeguard. Unfortunately, most recreational swimming areas, like Lake Conroe, do not have a lifeguard on duty. In the best-case scenario, the person would be CPR certified.

A number of organizations across the county offer swim lessons to children of all ages, and adults for that matter. It is only a matter of finding a class that is close to your home and works with your schedule. Aquatic programs for infants and toddlers teach children how to enjoy the water, while helping to teach parents about the importance of water safety.

Even if the child has had swimming lessons, it is a good rule of thumb to require the child to wear a life jacket...even at a waterpark or highly-populated swimming area.



Don't forget about rip tides. All swimmers should be careful and mindful of rip tides when swimming in large bodies of water, like the ocean. Everyone, including children, should know how to swim out of the rip tide. Swimming perpendicular to, not against the current, should get the swimmer safely out of the hairy situation.

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