

## Brian Kendall, M.D. – Water Safety

### How do we stay safe around the pool??

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With any safety protocols, scene, safety is always the most important. So if you have a home pool, making sure that you have security apparatuses in place to keep your children, your pets, other people safe in that in that environment. So having a gate or a fence surrounding the pool, having a pool cover that's rated to be able to be fallen onto and it won't sink down into the pool, making sure that you know if somebody's watching your children, whether that's a babysitter or a family member, that they know the rules around the pool and not allowing kids to go outside unsupervised.

### How do we stay safe in the pool?

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There's also proper safety equipment while you're in the pool. So if your child doesn't know how to swim or isn't the best swimmer, then making sure that they're always wearing either a lifejacket or another approved flotation device is imperative. And then getting them into swim lessons of some sort. I know Lubbock, it has lots of different resources for families and children to be able to obtain, you know, just the basic necessities of how to swim and how to get out of a pool safely if you fall in it. So seek something like that out and try to make sure that your family is prepared in the event that somebody does fall into a pool.

### What are some water safety tips for boating?

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When we're talking about boating and being out on the lake, very important that all children are wearing a life vest, lifejacket of some sort, and that you have plenty of life jackets on the boat for everybody that's in the boat. I know most adults don't want to wear a life jacket. But it's important that they at least know where they are and that you have enough for everybody on the boat. It's also very important that there's no drinking and boating either just like there's no drinking and driving, the person who's operating that boat should not be drinking or under the influence of any type of alcohol or other substance for everybody's safety involved. And then when you are out boating on a lake somewhere, making sure that you have all the proper, you know, flotation equipment for life saving, whether that's a buoy that you can float through out to somebody who may be drowning, or making sure that you have the proper lights on your boat, so that you can be safe in the water and making sure that if there are other boats coming that they can see you if you're going to tie off and allow people to swim outside the boat, make sure that you're not doing it in the main channel of the lake get off into a cove somewhere where there's less traffic. And then when people are doing things like wakeboarding or wake surfing, making sure that appropriate safety is in place there to that you have somebody watching the person who's wakeboarding, wakesurfing. So if they fall, or waterskiing for that matter, as they fall, then somebody can come and you know, tell them until the driver of the boat, hey, you got to turn around, go get them. And then when you're in the water, if you do

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fall, making yourself well known. So holding up a ski or your wakeboard or something to make sure that other boaters in the area can see that you're in the water and they don't come anywhere near you. I

### What are some misconceptions people have about drowning?

3:04

I think a big misconception about drowning. And then what we see in the movies is that drowning is loud, right? That people who are drowning are making a lot of noise and they're splashing around. Most of the time drowning is silent. You can't the whole point, the whole reason you're drowning because you can't breathe, right, you're either underwater or your mouth is underwater, so you can't make a sound. So most of the time, people have no idea that somebody is drowning until it's too late. So that's why it's very important that if you are at a if you have you know family pool or a private pool that you use, that there's always somebody dedicated to watching those in the water, even if they're great swimmers, you can still have things happen where somebody may lose the ability to keep their head above water. And they need, you know, life saving intervention there. It's very, I think, beneficial to if you're going to a pool party, you're hosting a pool party, that you have a lifeguard a trained lifeguard that you hire to watch the pool while people are in the in the pool. And it's not just for kids, either. It's for adults to adults can drown just as easily as kids can. And while that is happening, you may not even know it because somebody who's drowning looks like they may just be under the water swimming.

### What can we do to help someone who is drowning?

4:17

And if you do see somebody in the pool drowning, you can try a couple of different things. One is you want to make sure you either throw them a flotation device, or you take a flotation device into the water with you when you go to rescue them. Somebody who is drowning is not going to be in their right mind. They're going to be clawing and scratching and trying to do anything they can to get out of the water. And so whoever's coming to get them they're going to do the same thing to that person. And then both people can end up being at risk of drowning. So in trying to get somebody out of the water, even if it's child that's a heavy thing to try to pull out and so you've got to have some floatation device that you can use to keep yourself afloat while you're also helping to get that person out of the water as well. And then typically, in order to get them out of the water, it's always best to approach them from behind, and then wrap an arm around their chest, to kind of help guide them backwards into a shallow end or out of the pool, so that they can get to safety.