Community Water Safety Study Guides

Answer Sheet

Selected Aquatics Video
Boating Safety and Rescues

1. Drowning
2. Five minutes
3. Resting Stroke
4. One approved life jacket for every passenger on board the craft.
5. The person should stay with the craft unless that person is in dangerous water.
6. A rope, an anchor with a line attached to it, fire extinguisher, first aid kit, bailing device, tool kit, a whistle, fuel.
7. Turn the motor off and steer clear of the victim.

Non-Swimming Rescues
8. 7,000
10. Ring buoy, a long pole, clothing, a rope,
11. Past the victim
12. Pull the ring buoy back in and try again.
13. Shallow water; just out of shallow water reach, or in a strong current.
**Survival Swimming**

14. Scissors kick, whip kick, and rotary kick
15. Downward sculling.
17. Splash water and air into the shirt and pinch of the bottom of the shirt. Or Tie off the bottom of the shirt and blow air into the shirt near the second button from the top.
18. Tie the legs of the pants together or tie a knot in each pant leg. Make sure they are zipped and buttoned and then fill with air and water. Pinch off at the waist band.
19. Insulation / warmth.

**Snorkeling Skills and Rescue Techniques**

20. Put a little saliva on the inside portion of the mask.
22. Stride step forward, roll forward, roll Backward.
23. Buddy or lifeguard should be present.
**Cold, Wet, and Alive Video**

1. Heart, lungs, and brain.
3. 25 times faster.
4. Hypothermia
5. Drops, slow, cool, thick, septic.
6. Poor judgment, water may actually feel warm, slurred speech, dizziness.
7. 93 degrees
8. Head and neck.
9. The heart has to work harder to pump blood to the core regions of the body and extremities. The blood becomes thick.
10. Remove wet clothes
    Dry victim
    Talk to victim, reassure them.
    Cover head and neck
    Avoid jostling the victim
    Cover victim with a blanket
    Give warm liquids
    Build a fire/ or move victim to warm shelter.
Spinal Injury Management

1. Vertebrae
2. Cervical, thoracic, lumbar, sacral, coccygeal
4. Diving
5. The depth of the water
7. Obvious head injury, head and neck pain, distortion of the neck, unconsciousness, tingling sensation in arms and legs, victim is not breathing.
8. Breathing and pulse.
9. Hip and shoulder support
10. Carefully and from the side.
11. Shoulders
12. Head- Splint technique.
13. Midway between the victim’s elbow and shoulder.
14. This stabilizes the victim’s head and neck.
15. Puts the victim in a horizontal position.
17. Head-chin support
18. Move their arm down along side their body.
19. Along the victim’s spine and sternum.
20. The chin and the base of the skull.
21. Rescue breathing.
22. Use a backboard or rigid support

**Water the Deceptive Power Video**

1. Young Males
2. 85 %
3. Diving from a 6-foot ladder or running into a brick wall.
4. The current, depth, and what may lie beneath. Such as rocks, logs, debris.
5. Fishing boats, ski boats, and personal watercrafts.
6. Exposure to heat, sun, physical activity and alcohol, drugs.
7. Not staying within one’s limits. Swimming out too far.
8. .10
9. Red eyes, slurred speech, boisterous, impaired judgment.
10. If Dean had been driving, he would have been arrested for driving under the influence.
11. People lose their inhibitions and think they have greater swimming abilities than they really have.
12. 18 – 24.
13. Swimmers assume that the boaters see them.
14. Personal flotation device.
15. Water wings, inner tubes, air mattress.
17. Warm water currents, uneven depth of ice, changing weather conditions.
18. 30 seconds.
19. Rescuer should lie down on the ice and extend a rope, branch, clothing, ladder, etc.
20. Three to Seven minutes
22. A vertical current
23. Drowning.
24. Never expected to be in the water.
25. They are small and deceptive.