



ARMY STRONG.



## WATER TANKED

Among adolescents and adults, alcohol use is involved in up to 70% of deaths associated with water recreation, almost a quarter of ED visits for drowning, and about one in five reported boating deaths. Alcohol influences balance, coordination, and judgment, and its effects are heightened by sun exposure and heat.

## WATER-RELATED MISHAPS CLAIM SOLDIERS' LIVES:

A 4th Combat Aviation Brigade, Fort Carson, Colorado, Soldier died on 13 March 2014 at approximately 1500 local, as a result of a boating mishap while on leave in Lake Claremore, Oklahoma. The 19-year-old PFC was fishing with a friend when they lost control of the motorized boat and were both thrown overboard. The Soldier's friend was rescued by another boater and survived. The PFC was pronounced deceased at the scene. Use of personal flotation devices has not been reported.

A 434th Field Artillery Brigade, Fort Sill, Oklahoma, Soldier's (PFC) body was recovered from Lake Elmer Thomas on 5 May 2014 on Fort Sill, following a kayaking mishap that occurred on 3 May at approximately 1900 local. The 28-year-old PFC and another Soldier (SGT) were attempting to use a one-person kayak when it capsized. The PFC was unable to swim ashore and began to panic while the SGT was attempting to provide assistance. Neither Soldier was wearing a personal flotation device.



# ANOTHER SOLDIER LOST

## DON'T LET THIS BE YOU!

### Never Exceed Your Swimming Abilities or Swim Alone

Regardless of how well you swim you could have to fight for your life due to unexpected conditions such as waves, current, or exhaustion. A fellow swimmer can help you out when you encounter the unexpected. Remember your swimming abilities are likely to decrease with age so don't overdo it.

### Drowning is a Silent Killer

An estimated 60% of all drownings are witnessed, because people are unable to identify the four signs of a drowning victim. Signs are head back (bobs up and down above/below the surface), mouth open, no sound and arms outstretched moving simultaneously in an above-the-water, up and down stroke that appears as if they are slapping or playing in the water.

## KNOWLEDGE

OFFICIAL SAFETY MAGAZINE OF THE U.S. ARMY



Rip currents are a threat to everyone who enters the ocean, especially weak or non-swimmers. Failure to properly prepare could leave you sleeping...

**HERE IT COMES**

- Always swim with a buddy.
- Avoid drinking alcohol before or during any water activity.
- Select swimming sites that have lifeguards on duty.
- Do not use air-filled or foam toys in place of personal flotation devices - they are not designed to keep swimmers safe.

**READY... OR NOT?**

Ready... or Not? is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their "readiness" for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we're not. Navigating life's challenges is all about decision-making.

So are YOU ready... or not?

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**Life Ring Toss Challenge**

4 Steps to drownproofing

1. **Downproofing:** In the most important part of drownproofing, take a deep breath, hold it, and let your arms and legs hang freely in the water. The back of your head should be about even with the surface and your face beneath the surface of the water in any position your body and feet allow. Do not try to keep your whole head above the water. This wastes energy and will sink you fast.
2. **Beach Warning Flares:** After a few seconds of resting, slowly raise your arms while at the same time separating your legs in a scissors-like kick (one foot forward and one foot back). Raise your head high enough to get your mouth out of the water or into your nostrils.
3. **Challenge Rules:** As your head and body become vertical, slowly press arms down and bring legs back together. With your head wet above the surface, take a big slow breath in through your mouth, nose, or both, and hold it. Keep your eyes open so you don't lose your bearings.

Water Safety



Hanging out at the pool or beach on hot summer days is a great way to beat the heat, but water-related activities come with certain risks.

