

## 'Sauga Swim Safety Day 2017

It was Swim Safety Day in Mississauga on Tuesday, July 18, and the city held an event at the Lions Club of Credit Valley outdoor pool to help raise awareness.

It was a great turnout as many people from the community attended the event and participated in various activities set out by the club's organizers and the Red Cross.

The highlight of the day was the rescue simulation organized by the City of Mississauga. The rescue was fashioned to demonstrate to the public the typical steps taken when saving the life of a drowning victim as well as each role that the lifeguards and First Responders play.

Michael-Jon Braaksma, a member of the Peel Paramedic Union and Primary Care Paramedic, who participated in the rescue simulation explained the importance each rescue team plays in a potential life or death situation, "each respective group will all perform the same fundamental resuscitation effort, but they may have different tools, training, and environments to consider when applying these efforts. By providing collaborative training efforts, each group can come to understand the intentions of their intra-professional coworkers' environments."

Peel Paramedics from Peel Region Paramedic Services, Firefighters from Mississauga Fire and Emergency Services, and the lifeguards from the City of Mississauga on hand at the Lions Club of Credit Valley all worked together to revive the drowning victim and transport him to the hospital.

"When it comes to the fundamentals, resuscitation is a skill that remains consistently the same no matter the practitioner," said Braaksma. "In every resuscitation, the key is to provide ventilation and maintain perfusion of the patient; this is achieved through chest compressions and ventilation."

Whether a bystander, lifeguard, Paramedic, or anyone else that may be involved, the goal is the same: to save a life.

*To see a full skillset of Advanced Care Paramedic, visit:*

<https://www.ontarioparamedic.ca/curriculum/advanced-care-paramedics/>

The importance of water safety cannot be stressed enough in Ontario. According to a report conducted by the Canadian Red Cross, an average of 518 Canadians died annually in water-related fatalities between 1991 and 2013.

## Swim and Water Safety Tips

Below are some water safety tips to keep in mind.

From waterfronts (oceans, lakes, and rivers) to recreational facilities, Canadians enjoy various water-related activities and destinations each year. The Canadian Red Cross has provided these water safety tips to keep in mind when spending time on or near the water.

### Backyard Pools

- Build a gate that has a self-closing and self-latching gate.
- Establish [“pool rules”](#).
- Keep the deck surrounding your pool clear of debris or toys.
- Always make sure weak or non-swimmers are wearing lifejackets or PFDs while in the water.
- **Adult supervision is of key importance – never leave a child(s) unattended.**
- Be sure to pick the best time of day to swim – avoid stormy days.

*For more information and tips on pool safety, visit <http://www.redcross.ca/>*

### Open Water

- Never underestimate the strength and power of currents – strong currents can defeat even the strongest of swimmers.
- If your boat flips, grab onto the upstream end of the boat.
- Lifejackets save lives – always be sure to wear one.
- In Ontario, it is against the law to consume alcohol while operating a boat.

*For more information and tips on open water safety, visit <http://www.redcross.ca/>*