

Paragon Press



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Paragon Orthopedic Center
Grants Pass, Oregon



Summer Water Safety

The temperatures are reaching the 90's this month after a cooler than usual June, which means young and old will seek some fun and heat relief on the waters of our local rivers. Paragon Orthopedic Center would like to remind Southern Oregon of the dangers of being on these moving waters. Have fun, but please do it safely!

- The temperature of the water is in the low 70's. Be aware that water temperatures are not the same as air temperatures and this can have a cooling effect on children who remain in the water.
- Wear life jackets. There have been many free life jacket loaner boards put up at many of the parks and boat ramps in our area. These are found not only along the river, but at many local lakes too. Kids don't float. At the very least, put life jackets on your children and respect the program by returning all life jackets after use.
- Many emergencies on the rivers are caused by people who underestimate the power of the river and overestimate their swimming abilities. Trying to swim across to the other side of the river can turn into an emergency rapidly.
- Never combine water recreation with alcohol or drugs. Period.
- Jumping is hazardous when you can see the bottom and when you can't. It could be too shallow for jumping if you can see it, or it could contain debris that could trap your feet if you can't. Hidden objects and changing currents cannot be anticipated. If the spot was safe one day, it might not be the next time.
- Be aware of what is upstream and downstream at all times. As the river moves, so do potential dangers to your safety, such as loose branches and logs. Boats also pose a danger: you might see them, but they might not see you.
- Never swim alone. River fun is best and safest in groups.
- Finally, consider learning CPR. You could be the only one who can help in a drowning.

The following articles were referenced for this newsletter:

<https://www.kdrv.com/content/news/Rural-Metro-Fire-warns-public-about-the-dangers-of-the-Rogue-River-512331192.html>

<https://watersafety.org.nz/how%20to%20stay%20safe%20around%20Drivers>

