



TogetherWE Prepare Workplace: Play It Safe with Sports Safety Training

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Just in time for camp counselors, troop leaders and recreation directors heading outdoors for the summer, Red Cross and the United States Olympic Committee have teamed up to offer our “Sport Safety Training Program.” Specifically designed for coaches, athletic trainers and others who lead sports activities, our program offers the second level of First Aid, targeted towards injuries common to the athletic field, health club and group hiking and camping activities.

Red Cross has built basic goals into our Sports Safety Training Program (SST):

- ✓ Keep athletes safe
- ✓ Enable coaches and trainers to prevent, prepare for and respond to sports-related injuries
- ✓ Raise awareness of safety issues in athletics
- ✓ Provide athletes the security of professionally sports safety trained coaches

Get ready for your active summer at camp. Our next Red Cross **Sport Safety Training** class, June 11, 2005, will feature a seven-hour hands-on course with classroom instruction and interactive group exercises. Students learn injury prevention, first aid, adult and child CPR, and adult & child defibrillator (AED) training, a unique feature. Participants also receive a Sport Safety Training class workbook, plus a quick reference guide and handbook.

Our SST class even includes tactics for dealing with nutritional abuse and eating disorders, working effectively with parents and “return to play” guidelines. Call Margie Culbertson, (206) 726-3834, or (360) 377-3761 ext. 13834, or email healthservices@seattleredcross.org for more information.

Ready to Teach Others?

Red Cross will also offer **Sport Safety Instructor Training** for currently authorized Red Cross, athletic trainers/managers and other educators interested in teaching Sport Safety Training. To advance your



knowledge and readiness for workplace emergencies at your sports club, camp or outdoor activities sites, contact Carol Maloney, (206) 726-3502, or (360) 377-3761 ext. 13502, or email healthservices@seattleredcross.org for more information.

Red Cross Urges Preparedness - Water Safety “Tips to Live by”

It’s nearly summertime! Time to think about being prepared in, on and around the water.

Following simple water safety tips provided by the Red Cross can reduce the number of drownings and injuries that occur throughout the year and especially this summer.

Call your local pool for information about swimming classes. For First Aid and CPR classes in King County, please call (206) 726-3534, or visit our web site at www.seattleredcross.org. In the Kitsap County please call the West Sound Service Center at (360) 377-3761 or go to www.westsoundredcross.org.

The following simple guidelines can help keep families safe this summer:

- ✓ Learn to swim. The best thing anyone can do to be safe in and around the water is learning to swim.
- ✓ Always swim with a buddy; never swim alone.
- ✓ Swim in supervised areas only.
- ✓ Obey all rules and posted signs.
- ✓ Watch out for the “dangerous too’s”- too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- ✓ Don’t mix alcohol and swimming. Alcohol impairs your judgement, balance, and coordination, affects your swimming and diving skills, and reduces your body’s ability to stay warm.
- ✓ Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- ✓ Know how to prevent, recognize and respond to emergencies.