



Always stay low in a canoe, don't go into rough water and do wear a PFD (Personal Flotation Device).

Prenez place au fond du canoë. Ne vous risquez pas sur des eaux agitées et portez un appareil individuel de sauvetage (AIS).



Demandez au service de Sécurité aquatique de la Croix-Rouge ou se donnent des cours de sécurité en embarcations.

Ask your Red Cross Water Safety Service about courses in small craft safety.

# RED CROSS



Know how to care for your boat. Make sure the hull is sound and you have an anchor and a paddle on board at all times.

Prenez soin de votre embarcation. Assurez-vous que la coque est solide et qu'il y a toujours une ancre et une pagaie à bord.



C'est amusant d'apprendre à nager selon les méthodes de sécurité aquatique de la Croix-Rouge. Nagez toujours avec un copain, jamais seul.

It's fun to learn to swim the Red Cross Water Safety way. When you swim, swim with a buddy, never alone.

COLOUR ME

# HAVE FUN - BUT



## WATER SAFETY WEEK JUNE 5th TO JUNE 11th

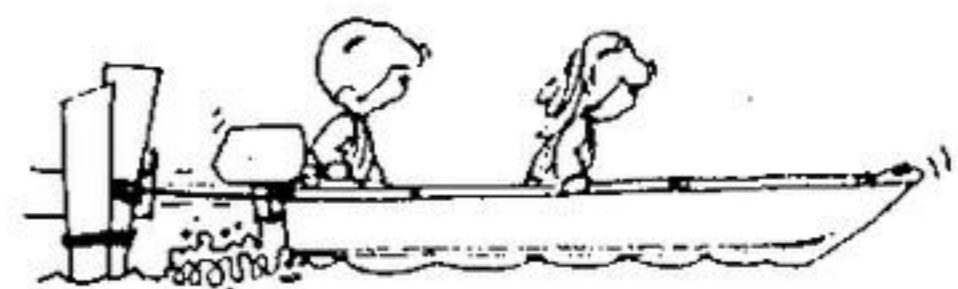
## Power Boating

### ACTIVITIES

POSTER CONTEST — In all schools. Prizes awarded at Buddy Swim Night

- 1 FRIDAY\* - Water Safety visits Georgetown Plaza - FREE Swim Passes.
- 2 SUNDAY - Halton Hills Swim Team Meet - Georgetown Indoor Pool - 9 a.m.
- 3 MONDAY - Acton - Canoe Demonstration - 8 p.m. - Georgetown Pool C.P.R. (cardio-pulmonary respiration) film for adults - 8 p.m.
- 4 TUESDAY - Acton (downtown) - Water Safety visit - FREE Swim Passes. - Georgetown Pool - Canoe Demonstration - 8 p.m.
- 5 WEDNESDAY - Watch for SCRABBLED PUZZLE in column!
- 6 THURSDAY - Acton - Buddy Swim and Film night - 6 p.m. "Find a Float" 9 p.m. "C.P.R." film.
- 7 FRIDAY - Georgetown - Buddy Swim & Film night - same.

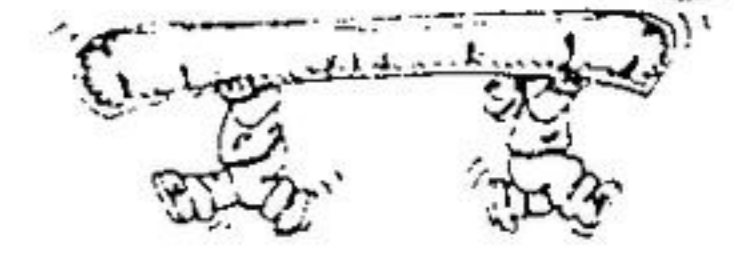
\* June 3



## Rowing



## Canoeing



**RESCUE BREATHING (MOUTH-TO-MOUTH)**

THE CANADIAN RED CROSS SOCIETY

*Start immediately. The sooner you start, the greater the chance of success.*

Open airway by lifting neck with one hand and tilting the head back with the other hand.

Pinch nostrils to prevent air leakage. Maintain open airway by keeping the neck elevated.

Seal your mouth tightly around the victim's mouth and blow in. The victim's chest should rise.

Remove mouth. Release nostrils. Listen for air escaping from lungs. Watch for chest to fall.

REPEAT LAST THREE STEPS TWELVE TO FIFTEEN TIMES PER MINUTE. IF AIR PASSAGES ARE NOT OPEN: Check neck and head positions, CLEAR mouth and throat of foreign substances.

For infants and children, cover entire mouth and nose with your mouth. Use small puffs of air - about 20 times per minute.

USE RESCUE BREATHING when persons have stopped breathing as a result of DROWNING, CHOKING, ELECTRIC SHOCK, HEART ATTACK, SUFFOCATION and GAS POISONING.

Don't give up. Send someone for a doctor. Continue until medical help arrives or breathing is restored.

## EVERY YEAR

Hundreds of lives; Children and Adults are snuffed out through drownings. Carelessness or lack of knowledge of the inherent dangers in all aquatic sports is often the cause.

On this page your local Red Cross offers a variety of suggestions on water safety. Follow them and enjoy a carefree summer of fun in the water and the sun.

**INSUFFLATION DIRECTE (BOUCHE-À-BOUCHE)**

LA SOCIÉTÉ CANADIENNE DE LA CROIX-ROUGE

*Commencez immédiatement. Plus tôt vous commencez, meilleures sont les chances de succès.*

Dégagez les voies respiratoires. Soulevez le cou d'une main. De l'autre, basculez le tête vers l'arrière.

Pincez les narines pour les boucher. Gardez les voies respiratoires libres en maintenant le cou soulevé.

Couvrez entièrement de votre bouche la bouche de la victime. Soufflez. Sa poitrine devrait se gonfler.

Retirez la bouche. Relâchez les narines. Notez et de l'air s'échappe des poumons et si la poitrine se dégonfle.

REPÉTEZ LES TROIS DERNIÈRES ÉTAPES DE 12 À 15 FOIS PAR MINUTE. SI LES VOIES RESPIRATOIRES SONT OBSTRUÉES: VÉRIFIEZ de nouveau la position du cou et de la tête. NETTOYEZ la bouche et la gorge de corps étrangers.

Dans le cas de bébés ou d'enfants, couvrez la bouche et le nez avec votre bouche. Insufflez par petites bouffées d'air au rythme d'environ 20 fois à la minute.

UTILISEZ LE SOUFFLE DE VIE dans les cas de respiration éteinte pour cause de: NOYADE, SUFFOCATION, ÉTRANGLEMENT, ELECTROCUTION, ATTAQUE CARDIAQUE, EMPOISONNEMENT (GAZ).

Ne vous découragez pas. Envoyez quelqu'un chercher un médecin. Continuez jusqu'à la venue du médecin ou la reprise de la respiration.

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