

METHODOLOGICAL MATERIAL

for conducting classes with employees and students
of Vitebsk Educational Institutions

"RULES OF CONDUCT ON BODIES OF WATER IN SUMMER"

1. Where can I swim, where absolutely not, and what general safety measures on the water should be followed in order to avoid trouble?

Swimming is allowed in equipped bodies of water or on beaches that meet sanitary and epidemiological requirements.

The best time of day for swimming is **in the morning from 8 a.m. to 10 a.m. and in the evening from 5 p.m. to 7 p.m.**

It is forbidden to swim drunk, as well as to drink alcoholic beverages.

It is strictly forbidden to dive under a floating person, "drown" him and give false signals for help, as well as dive from railings, boats and other unequipped means for this purpose.

Do not swim near ships, boats, or speedboats that pass close by.

Do not swim alone, especially if you are not confident in your abilities.

It is forbidden to swim on air mattresses or car cameras (especially if you can't swim).

Children of any age mustn't swim without adult supervision. On vacation, you need to constantly monitor them, even while they are playing on the shore. It is necessary to stop children's pranks on the water and not allow them diving from fences or the shore. In addition, it is necessary to teach the child to call rescuers by phone number 101 in case someone is going to drown.

2. Safety rules for visiting beaches

Persons visiting beaches are prohibited:

- to swim in places prohibited for swimming, as well as at night;
- to drink alcoholic, low-alcohol beverages, beer, to use narcotic drugs, psychotropic substances, their analogues, toxic or other intoxicating substances on beaches;
- to swim drunk (or) drugged;
- to swim beyond the boundaries marking the water area of the beach; to swim near to ships, floating objects;
- to climb technical and warning signs, buoys, and other objects;
- to swim on sports equipment, boards, sun beds, logs, car cameras, air mattresses, and other objects;
- to use life-saving equipment for other purposes;
- to organize water games involving diving and grabbing a swimmer, as well as perform other actions that may cause an accident;
- to give false alarms;
- to leave children under 14 unattended;
- to wash clothes, vehicles, to bath animals; it is forbidden to jump into the water from ships, floating objects, bridges, berths, dams, other hydraulic structures and devices, as well as entering, maneuvering and parking vessels in the

area of the beach and swimming areas, the boundaries of which are fenced with buoys.

3. Safety on bodies of water in summer

The reservoir is a place of increased risk. Be careful! Do not leave children unattended near the water!

Do not let a child go to the beach alone!

Drunk swimming is prohibited!

Do not lose sight of the child while he/she is swimming (do not rely on the fact that the child has already grown up and swims well).

Choose an equipped beach, where lifeguards are on duty.

Stay close to children playing near bodies of water!

Do not drink alcohol near bodies of water!

Do not dive in unfamiliar places. It's dangerous!

Do not swim behind the buoys! Swim along the shore or towards it!

Do not jump into the water from boats, speedboats, berths! It is extremely dangerous!

Remember! It's also dangerous to swim on air mattresses and car cameras!

4. Liability (Code of the Republic of Belarus on Administrative Offences dated January 6, 2021 No. 91-3)

Article 24.42. Places prohibited for swimming

Swimming in prohibited areas of rivers, lakes or other bodies of water entails a fine in the amount of from one to three basic units (one basic unit in 2026 is 45 Belarusian rubles).

Article 19.3. Drinking alcoholic, low-alcohol beverages or beer, consumption of drugs, psychotropic substances or their analogues in a public place or appearing in a public place or at work in a state of intoxication

Part 1. Drinking alcoholic, low-alcohol beverages or beer on the street, stadium, square, park, public transport or in other public places, except places intended for the consumption of alcoholic, low-alcohol beverages or beer, or appearing in a public place in a state of alcoholic intoxication that offends human dignity and public morality, - entail the imposition of a fine in the amount of up to eight basic units.

5. What to do if there is a cramp in the water

Cramps of a particular muscle group are unpreparedness and sudden overexertion of muscles, as well as low water temperature. Before swimming, wipe yourself with water, get used to the temperature and only then arrange a swim.

If you suddenly feel that your arm or leg is cramping, do everything to get out of the water as soon as possible. If you are far from the shore and it is difficult for you to get out without help, proceed as follows:

- Roll over on your back. If you were swimming on your back before, turn over onto your chest. It is important to change the body position.

- If you experience a pulling sensation in your hand, quickly and forcefully clench your hand into a fist. And then throw your hand to the outside and unclench your fist. Do this several times.

- If your calf muscle is cramped, try to bend over and wrap your arms around your foot, and then pull the foot towards you.

- Any sharp object can help with a cramp, it is necessary to prick the leg or arm several times.

- If you don't have the strength, but the cramp doesn't go away, try to attract people's attention to yourself.

6. What actions can you take if you start drowning?

Most people have experienced problems during swimming, when they run out of energy, or swallowed water or something like that. It is better to avoid such a situation than to solve it. If you start to drown, first of all evaluate your strength, if you feel that you can not cope with it, then immediately call for help, save your strength.

If you have called for help, then you need to stay afloat until help arrives.

7. How to recognize a drowning person?

To begin with, it is important to understand that not every drowning person will cry for help and violently wallow in the water. Spasms of the vocal apparatus, shortness of breath, and panic can prevent someone in trouble from making any sounds to attract the attention of potential rescuers. The fact that a person needs help can be indicated by staying in one place, periodically going underwater, and a visible panic in the movements and facial expressions. If you are not sure if someone is really drowning, try to call out to them or draw the attention of others.

8. How to rescue a drowning person and what to do if a drowning person grabs a savior?

If you see that a person is drowning, call rescuers (101 or 112 phone number).

If you are confident in your abilities and abilities to help, do not waste time and swim to the victim (or call for help if you do not know how to swim). But you can't swim up from the front, only from behind, otherwise he/she may start clinging to you in a panic attack, pulling you under the water. In this case, the helper may get too much water, and two people will have to be rescued. Swim up to the drowning person from behind and grab him/her under the armpits or by the hair. Turn the person face up so that he/she has access to air and swim to shore. You can swim on your back by placing the drowned person with his back on your torso and paddling with your free hand.

If the drowning person still grabs you by the arms, legs or head, immediately take measures to free yourself.

The most dangerous are grabbing hands, grabbing the neck from behind, grabbing the torso from the front.

If the drowning person has grabbed the savior's hands by the wrists, then you can free yourself by jerking your hands inwards, towards the victim's thumbs, or by resting your bent legs on your chest, pushing off from him. If the victim grabbed only the torso (under the arms) from the front, you need to rest your hands on the chin and push off with your hands and feet from the drowning person.

Regardless of the grappling and release methods, the savior must not lose sight of the victim.

When you releasing from the grips, you must remember the following:

1) it is necessary to take a deep breath and go down, and push the victim up (when the savior goes under water, the victim usually releases him/her from the grip);

2) after releasing, you must turn the victim's back to yourself, float to the surface and use one of the methods of transportation.

9. Rules for providing assistance to a drowning person.

Signs of true drowning:

unconsciousness, pronounced cyanosis of the skin, puffy face, swollen neck veins, strong discharge of pink frothy liquid from the nose and mouth, lack of breathing and pulse in the carotid artery, wide pupils;

Signs of asphyxiation drowning:

Lack of consciousness, pale skin, discharge of foam from the nose and mouth, lack of breathing and pulse on the carotid artery; wide pupils do not react to light. The chance of such drowning increases after hitting the water, alcohol intoxication and stress.

First aid in case of drowning.

1. Call an ambulance (phone number 103).
2. After removing the victim from the water, turn him/her on his/her side to release water from the respiratory tract and stomach, and get rid the mouth of sand and silt.
3. In the absence of respiration and pulse in the carotid artery, immediately begin cardiopulmonary resuscitation. Resuscitation should be before the arrival of an ambulance or until breathing and heartbeat are restored.
4. After restoring breathing and cardiac activity, place the victim in a stable lateral position (in the absence of injury to the cervical spine), cover the victim.
5. Ensure constant monitoring of the victim's condition due to the risk of developing an "aftereffect effect" (delayed death).
6. Hospitalization is mandatory, regardless of the condition of the victim.

Lack of consciousness, breathing and pulse in the carotid artery, pupil dilation, lack of reaction to light, pallor of the skin, indicates clinical death. Clinical death is a reversible process of dying in which the cells of the cerebral cortex are still viable, but respiration and blood circulation have already stopped. This condition lasts 3-5 minutes. If signs of clinical death are detected, resuscitation measures must be initiated immediately.

Cardiopulmonary resuscitation includes three stages (ABC):

A - restoration of airway patency;

B - artificial respiration;

C - maintaining blood circulation by closed (indirect) heart massage.

To restore the patency of the respiratory tract, the victim is laid on his/her back, on a hard surface, the oral cavity is checked and cleaned of foreign bodies (pieces of food, sand, silt, sputum, dentures, etc.). For this, a bandage, napkin or handkerchief wrapped around the index finger is used, while the head must be turned sideways. With the hand placed under the back of the head, straighten the spine in the cervical part as much as possible, push the lower jaw forward,

grabbing the corners of the lower jaw with your fingers, holding it in this position with one hand. When tilting the head back in the cervical region, it should be remembered that this must not be done in case of injury or suspected injury to the cervical spine.

Now mouth-to-mouth or mouth-to-nose artificial respiration begin. While using the mouth-to-mouth method, the victim's nose is pinched. After taking a deep breath, press tightly against the victim's lips and blow air into his mouth. If the jaws of an unconscious person are tightly clenched or there is damage to the jaw, tongue, lips, artificial ventilation don't use the mouth-to-mouth method. Use mouth-to-nose method (air is blown into the nose of the victim, while victim's mouth is closed by your hand). For your own safety, you must do artificial respiration through a napkin or a piece of bandage. During artificial respiration, children are given a smaller volume of air (children under 1 year old have enough air because of their big cheeks). After blowing in air, it is necessary to move away from the victim, while passive exhalation will occur.

The frequency of air injection is on average 12 per minute (approximately 1 injection per 5 seconds). The effectiveness of artificial respiration can be assessed by lifting the victim's chest.

After exhaling twice into the victim's mouth or nose, a closed (indirect) heart massage must be done. To do this, the victim must be on a hard surface, it is necessary to free his/her chest from clothes, unbutton the belt and sit to the side of the victim. A closed heart massage is performed by pressing on the sternum 2-3 cm (two transverse fingers) above the xiphoid process, strictly in the center of the vertical axis of the chest. Pressure is applied with the base of the palm of the hands stacked on top of each other, the palms are positioned strictly in the middle of the sternum, the arms are straight, do not bend at the elbow joints. For children under one year, a closed heart massage is performed with the tips of the index and middle fingers, for children aged 1 to 8 years - with the base of the palm of one hand. The depth of the sternum deflection is 4-5 cm, the frequency of pressing on the chest is 90-100 per minute (for children under 1 year - 120 per minute).

The ventilation - massage ratio during resuscitation by one rescuer should be 2:30 (after 2 air injections, 30 chest compressions), if there are two saviors, 2:15.

Every two minutes, cardiopulmonary resuscitation should be suspended for a few seconds to see if there is a pulse in the carotid artery. Heart massage and artificial ventilation of the lungs must be performed until respiration, pulse, pupil constriction, and skin color are restored.