

"Back to back to Back W.S."

submitted by George Young - 05/17/2012

I have shared this thought with most of the CPR Classes I have taught over the last 25 years. **If kids are taught CPR skills at an early age and three years in a roll "Back to back to Back" most kids will remember the skills for many and many years.**

If a well-taught class is exposed to kids in a fun and informative way, kids will remember skills. With this being National Water Safety Awareness Month, let me throw out this thought:

Back to back to Back W.S. (Water Safety) training/awareness starting @ kindergartener level and continuing for 1st grade and then 2nd grade students will lead to a solid foundation of water safety awareness. My first hand experience is my 5 year old boy who is in kindergartener and was exposed to a book called "Stewie the Duck learns to swim". My Son (Evan) loved the book that blended a great story with a great life skills/lifesaving awareness, great pictures and an awesome theme song to promote water safety. This book is from the Stew Leonard III Children's Charities.

After Evan and I read the book three times and listened to the CD (CD with the story being read and songs being sung came along with the book) Evan could share with me some of the rules and themes of the story. He may not fully understand all the concepts yet at his age, **BUT** with some follow-up from my wife, big brother (an ARC certified lifeguard) and myself at home he will be exposed to the base of learning to be safe around a swimming pool. You bet your life next May I will expose my son Evan who will be six years old next year to another exciting adventure that will be centered around water safety awareness.....I will keep everyone posted.

Closing thought. Schools and Cities currently are strapped for money and even presenting this thought to school districts or city officials will not get to far yet at the

present time. Maybe someday.... But I have also witnessed groups of parents not being OK with school cutting back art and music programs. PTA and parents groups have rally and raised money to subsidize programs to keep art and music programs a float. This "Back to back to Back W.S." thought will save lives and should someday be added to school lesson plans.

On other note since it's Water Safety Awareness Month and there are so many new lifeguarding products out right now, I wanted to highlight one of the many new tools for lifeguards.

The "**Emmobilize**" vs "**CJ Wood Backboard**": For years the Cadillac of backboards was the "CJ WOOD Classic" backboard. Believe me once you used one you never wanted to use another brand of backboards. Well, eLifeguard company has developed a new backboard that may give the CJ Wood a run for the money for slightly less money. The Emmobilize board has several nice features.

- Color coded velcro body straps (I have stated for the last ten years straps should be colored code---someone finally listened?)
- No metal screw or staples.
- Replaceable, soft, vinyl-dipped head block.
- The backing martial for keeping the head in line does not absorb blood or fluids.

I do not own stock in eLifeguard and I have not had a chance to use an "Emmobilize" yet. But I cannot wait to practice back boarding skills on one. On paper it looks better and cheaper than a "CJ Wood". Who has one....let me know... I want to play.