

WATER SAFETY SPLASH!

Rachael Javurek

WHO AM I?

- Rachael Javurek
- From Huntersville, NC
- UNC Charlotte- School of Nursing to PA school
- EMT Intermediate
- 6 seasons of ocean rescue (1 fall and 5 summers)
- First year in Emerald Isle
- 5 seasons previously in the outer banks



DROWNING/ RIP CURRENT STATS

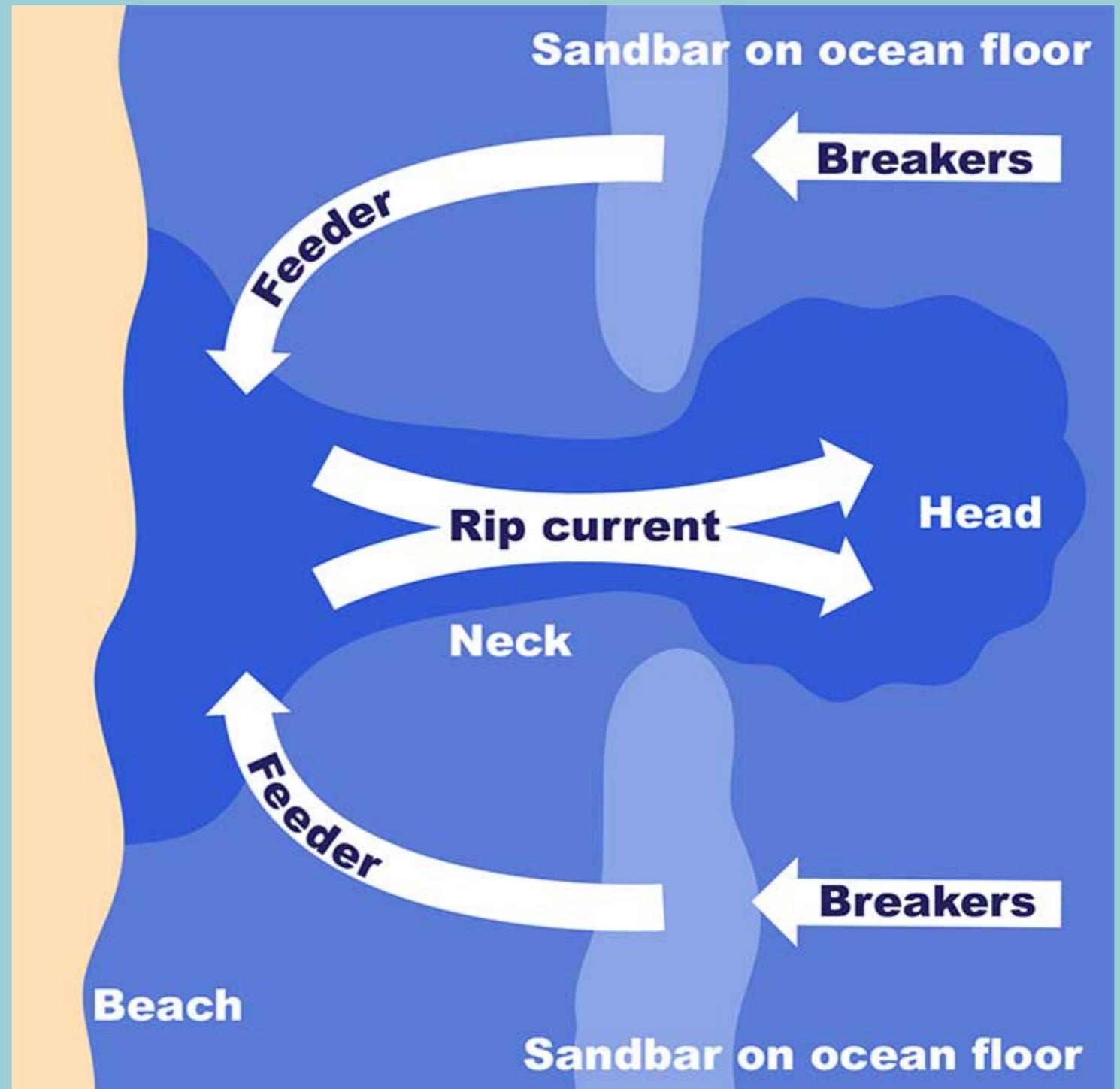
- More than 500,000 deaths each year are due to unintentional drowning according to the world health organization.
- The United States Lifesaving Association estimates that the annual number of deaths due to rip currents on our nation's beaches exceeds 100.
- Rip currents account for over 80% of rescues performed by surf beach lifeguards. (“”)

WHAT IS A RIP CURRENT?

- Break in the sand bar where the water flows back out to sea
- Pull people away from the shore
- Rip currents are dynamic- vary in size, shape, and pull. Some are stationary and some move around. Can pull hundreds of yards off shore.
- Rip current activity usually increases after heavy periods of swell.
- Not an “undertow” or “riptide”

HOW TO SPOT A RIP

- Uneven, choppy looking water
- Outward bow
- Water color differences
Deeper water (Darker in color)
- Lines of foam, seaweed or debris moving out towards sea
- Break in wave pattern



HOW TO SPOT A RIP



HOW DOES WEATHER EFFECT THE CONDITIONS?

- Tide Changes
- Tides going out
- Wave height
- Wind direction and speed

BREAK THE GRIP OF THE RIP

- Stay Calm!
- Do not fight the current, let it take you.
- Swim Parallel to shore- Toward the sandbar
- Unable to get out? Keep afloat, face the shore, wave or call for help.

BEFORE YOU SWIM

- Always check weather and surf conditions. (Swell info)
- Check with the lifeguard. Ask us where a good place to swim is.
- Swim near a lifeguard
- Know your limits
- Swim with a buddy
- On days when it's rough, stay close to shore and swim with flotation.

FLAGS MEANING STATION FLAGS.

- Flags can be found on the pier, on lifeguard stands and UTV, and at the fire station.
- **GREEN FLAGS** indicate that conditions are safe. The Town of Emerald Isle DOES NOT USE GREEN FLAGS, as we believe that there are always inherent dangers when swimming in the ocean, therefore it is never completely safe and you should always use caution.
- **YELLOW FLAGS** indicate moderate hazards, and that the public should use caution in the ocean. In Emerald Isle, even the calmest of days on the beach can pose an inherent risk when entering the ocean and the public is always advised to use caution.

FLAGS MEANING

- **RED FLAGS** indicate high hazards and that the public is advised to stay out of the ocean. (No swimming) Emerald Isle places RED FLAGS approximately every 1/4 mile or less along the beach strand, at the Town's two regional access facilities, on all-terrain beach vehicles providing Town services on the beach strand, and at the two Fire Stations.
- **COMBINED RED AND YELLOW FLAGS** indicate the presence of a lifeguard. These flags are flown at the Town's two regional beach access facilities and will be affixed to any beach patrol all-terrain vehicles used by our roving lifeguards.
- **PURPLE FLAGS** indicate an abundance of potentially hazardous marine life in the vicinity, including Portuguese man-o-war, jellyfish, and other creatures. The town will fly these flags as needed in specific locations, however, the use of PURPLE FLAGS is relatively rare.

PIER SAFETY

- Currents are stronger by the pier. Larger waves
- Surfers
- Fishermen hotspot
- More marine life
- Stay back at least 200 ft

FISH HOOKS

- Very Common injury
- Secure fish hook
- Leave in place- do not remove
- Can cut excess wire
- Seek further care

MARINE LIFE INJURIES- STING RAYS

- Normally occurs on the feet. immediate, sharp, excruciating pain that peaks in 1-2 hours
- Stop the bleeding
- Soak in WARM water/ hot compress
- Do not remove barb
- Seek further care



PORTUGUESE MAN-OF-WAR

- Purple and blue bottle looking Jelly fish that float on top of the water.
- Long tentacles that can span up to 165 feet below surface
- Dead man-of-war and broken off tentacles can still sting.



PORTUGUESE MAN-OF-WAR

- Clean away the tentacles with a credit card (Not your hands)
- Flush the area with sea water.
Hot water/ Hot compress
- Main concerns: Allergic to bees = Allergic to Jelly fish



LIFEGUARDS AND LOCATIONS/ HELP

- East regional access- Patrol- 4,600 blk to the 100 blk
- West regional access: Patrol- sound of the sea to the point. Lifeguard stand-
- Central patrol - Sound of the sea to the 4,600 block
- Supervisor- 100 blk to the point
- Not near a lifeguard? Call 911
- Emergency phones



RESCUE TUBES SIGNS AVAILABLE FLOTATION

- Rescue tubes are located on almost every block beach side.



- Coast guard approved life vests available for free at lifeguard stands.
- Rip current signs located on all public accesses.

WHERE TO FIND BEACH INFORMATION

- News
- Fire station - 2523542445
- Emerald Isle Fire Department facebook under Posts
- Lifeguards

QUESTIONS?