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PRESS RELEASE

FOR IMMEDIATE RELEASE

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Water Safety

Kerrville, Texas (October 23, 2015) – Even though fall is here, the days are still warm and inviting for a refreshing dip in the river. Please remember water safety when you are cooling off. Do not jump from bridges, even small ones such as the one in Tranquility Island in Louise Hays Park. Bridges, dams or other similar objects are not meant to be a diving board. Water depth can be difficult to determine and underwater objects could be hard to see due to water turbidity and clarity. This can result in injury including paralysis and even death. Here are some other water safety tips:

- Have young children or inexperienced swimmers wear a U.S. Coast Guard approved Personal Flotation Device (PFD). Do not, however, rely on PFD's alone.
- Always stay within an arm's reach of your children even if they are wearing, or are in, a flotation device. Never leave a child unattended near water or supervised by another child. Children must always be supervised by a competent adult that is a proficient swimmer.

- Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.

Also, with the expected rainfall this weekend, if you plan to be near the river, use caution as water can rise quickly. High river flow creates extreme currents and undertow which are not noticeable on the surface. Always avoid high water because of floating debris that can cause serious injury and drowning. Do not get near or into flood waters. Heavy rain saturates the ground, causing soft river / creek banks that can collapse, taking you into the fast moving current.

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