

SAFETY AT THE MDSA BEACH
IMPORTANT INFORMATION — PLEASE READ CAREFULLY

Dear MDSA member:

SAFETY ISSUES

Yesterday (July 3rd) on the beach a group of members were asked if they knew we had an **AED, Automatic External Defibrillator**. Most did not. This lifesaving device is in a red case, inside a small carton at the bottom of our beach locker (the large “box” that stores various supplies). **Next to the AED is a one page guide to CPR and to the AED.** It would be a good idea to read that guide. You won't have time in an emergency. Do not be afraid to use the AED. However, don't try to use in advance. It gives you step by step spoken directions. You can't get in any trouble for trying to save the life of someone who has had a heart attack and/or drowned. You could feel very guilty if, out of fear, you didn't even try.

On the inside of the locker is the phone number of the Park office: 255-0752. One person should call the office while another or others attend to the person in trouble. We also have whistles and a couple of flags to wave to get the attention of lifeguards at the Park public beach. An air horn is being replaced and should be used.

Note: Our rescue tube should be put away UNDER the locker. If anyone has trouble opening the lock as long as the tube is out he or she can swim.

THUNDERSTORMS

We have to say this over and over again: **If the weather is threatening you must look up FREQUENTLY to see if someone on the beach is waving you in,** if a rumble of thunder has been heard. We must stay out of the water for 30 min after the thunder has been heard and the Park beach closes.

If a storm comes on suddenly you can take shelter from the drenching rain by climbing the short hill at the end of our beach and sitting under the two deep rock overhangs. That's not ideal, but better than trying to race up the carriage road in the event of torrential rain and lightning. And if it is just a passing storm, then you get to swim again when it is over.

Although it can be a hot walk to our beach, it is really worth it even on the most sultry day. Those of us who have braved the heat are so happy we did. Our beach catches the breezes, there is shade, and of course nothing is better to cool you off than the lake, which by the way is not at all cold, but very refreshing.

Yours for the long swim,

Judy Mage and Stephanie Bludau Tor, MDSA Co-coordinators