

Spencer Park Lifeguards Make Eleven Preventative Actions/ Rescues in Three Days

The first days of summer have finally arrived and residents of Rochester Hills, as well as surrounding cities, are enjoying the beach at Thelma G. Spencer Park. The certified lifeguard service at the park historically makes an average of 19 rescues per summer, but with the hot, humid weather we have experienced in the past couple of days, beach-goers have entered the water without yet perfecting their strokes or reviewing the importance of water safety. Lifeguards at the park made four rescues, four preventative actions and reunited three missing children with parents over the past three days. While there is no substitute for adult supervision, the rescues made at Spencer Park support the importance of guarded beaches and swimming near a lifeguard.

All beach goers must remember water safety basics:

- **The non-swimming young child must have continuous, adult supervision that is interactive and close by.**
- **Children must learn to swim, with ages four – six the prime learning times.**
- **Swimming skills at all ages need to be checked and maintained.**
- **Always swim near an alert, certified and equipped lifeguard.**
- **Swim with a buddy whose height and general abilities are similar.**
- **Know your swimming environment and the weather. Watch out for drop-offs, submerged objects, weedy areas, cold moving water, waves and blowing winds.**
- **A dive into shallow water can lead to permanent paralysis.**
- **Alcohol is often associated with water accidents especially boating accidents.**
- **Never rely on floatation device when swimming.**
- **Wear a properly fitting USCG approved life vest when on a boat and know its limitations.**
- **Showing off and taking dares historically leads to water incidents and fatalities.**
- **Please swim and boat responsibly and have a safe summer!**

