Swimming is a great recreational sport that can be enjoyed by people of all ages. But it’s important to know how to be safe while you’re in the water. The American Red Cross offers these important swimming safety tips you should be aware of before you head out to the pool or beach:

- Swim in designated areas supervised by lifeguards.
- Always swim with a buddy; do not allow anyone to swim alone.
- Never leave a young child unattended near water and do not trust a child’s life to another child; teach children to always ask permission to go near water.
- Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- Maintain constant supervision.
- Make sure everyone in your family learns to swim well. Enroll in age-appropriate Red Cross water orientation and learn-to-swim courses.
- If you have a pool, secure it with appropriate barriers. Many children who drown in home pools were out of sight for less than five minutes and in the care of one or both parents at the time.
• Avoid distractions when supervising children around water.
• If a child is missing, check the water first. Seconds count in preventing death or disability.
• Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
• Know how and when to call 9-1-1 or the local emergency number.
• Protect your skin. Limit the amount of direct sunlight you receive between 10:00 a.m. and 4:00 p.m. and wear sunscreen with a protection factor of at least 15.
• Drink plenty of water regularly, even if you’re not thirsty. Avoid drinks with alcohol or caffeine in them.
• Enroll in Red Cross home pool safety, water safety, first aid and CPR/AED courses to learn how to prevent and respond to emergencies.

This article from:
Pool Safety Checklist

TIPS FOR PARENTS

☐ Watch kids when they are in or around water, without being distracted. Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time.

☐ Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water.

☐ Make sure kids know how to swim and learn these five water survival skills:
   1. Step or jump into water over their head and return to the surface.
   2. Float or tread water for one minute.
   3. Turn around in a full circle and find an exit.
   4. Swim 25 yards to exit the water.
   5. Exit the water. If in a pool, be able to exit without using the ladder.

☐ Install fences around home pools. A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates.

☐ Empty kids’ pools after each use. Store them upside down so they do not collect water.

☐ Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child’s life.

SAFE KIDS WORLDWIDE
Lista de control de la seguridad en la piscina

CONSEJOS PARA LOS PADRES

☐ Vigile a los niños cuando se encuentran en o en los alrededores del agua, sin distraerse. Mantenga a los niños más pequeños al alcance de la mano de un adulto. Asegúrese de que los niños mayores naden siempre acompañados.

☐ Enseñe a los niños a nadar. Cada niño es diferente – inscriba a los niños en clases de natación cuando estén preparados. Tenga en cuenta su edad, su desarrollo y con qué frecuencia están cerca del agua.

☐ Asegúrese de que los niños aprendan a nadar y a desarrollar estas cinco habilidades de supervivencia en el agua:
   1. Entrar o saltar al agua sumergiendo completamente la cabeza y volver a la superficie.
   2. Flotar o pedalear en el agua durante un minuto.
   3. Girar formando un círculo completo y encontrar una salida.
   5. Salir del agua. Si está en una piscina, ser capaz de salir sin utilizar la escalera.

☐ Instalar cercas alrededor de las piscinas particulares. Una cerca de piscina debe rodear todos los lados de la piscina y tener al menos cuatro pies (aproximadamente 1.22 metros) de altura, con cierre y cerradura automática en las puertas.

☐ Vaciar las piscinas infantiles después de cada uso. Almacénelas boca abajo para que no acumulen agua.

☐ Sepa qué hacer en caso de emergencia. El aprendizaje de reanimación cardiopulmonar (CPR, por sus siglas en inglés) y de habilidades básicas de rescate en el agua pueden ayudar a salvar la vida de un niño.
5 tips to for hiking Colorado safely

Sady Swanson, The Coloradoan  June 28, 2019

Going on a hike? Here are some safety tips that'll set you up for success.

Hiking in the mountains comes with risks, which can be mitigated by preparing and educating yourself for the trip. Even the most experienced hikers or climbers can find themselves in a dangerous situation.

Here are some tips offered by outdoor industry experts on how to be prepared and avoid disaster while enjoying the Colorado wilderness:

Tell someone your plan

Make sure someone back home — be it a friend, neighbor, coworker or family member — where you're going, what route you plan to take and when you'll be back. Ask them to look for a call or text from you at a certain time, and if they can't get in touch with you by that time, have them call the authorities for help.

Make sure you stick to your plan. If you decide to go do something after your hike rather than return home, touch base with whoever you've been in contact with to let them know you're safe and off the mountain. If you don't stick to your plan and get lost, your friend may be able to get officials out looking for you, but they'll be looking in the wrong places.

Pack well

The Roaring Creek Trail is in the Poudre Canyon, about a mile past Big Bend campground. (Photo: Coloradoan library)

Bring enough food and water for your trip. Some experts say to bring one liter of water per hour of hiking, especially if it's a strenuous hike on a hot day.

Remember, exercising at altitude also requires increased hydration.

Also pack a map and compass, sunscreen, first-aid supplies (and know how to use them), waterproof matches, other survival gear and extra clothing.

Be prepared for any kind of weather

Storms can roll in quickly at higher altitudes, and if you try to wait it out you risk getting caught in a flash flood or being struck by lightning. Wear or bring a raincoat and waterproof shoes.
And if you see a storm in the distance, don’t risk it: Turn back toward the trailhead. You can always try the hike again another day.

Storms are also more likely to hit in the afternoon, which is why it’s recommended to start hikes early in the morning. Plan to be below treeline by noon to avoid the biggest risk of lightning.

**Wear proper clothing**

Just because it’s warm in town or at the visitor center doesn’t mean it will be so at the top of a mountain. Avoid cotton materials and wear layers of insulating, windproof material and sturdy, waterproof footwear.

Wear bright clothing that stands out from your surroundings to make yourself easier to see if you need help.

**Know your limits**

**Take a hike to Flattop Mountain.**

*(Photo: Coloradoan library)*

Don’t get in over your head. Know your own experience level and the level of those you’re with and find a hike and route that is realistic. There are hundreds of trails in Colorado, from short and easy to multi-day adventures, and all are rewarding.

Don’t be afraid to turn back. Injuries often occur when tired or inexperienced hikers push on, causing them to trip or slip and fall. The mountain will always be there tomorrow.

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**Safety tips for beginning babysitters**

Conversations parents need to have with their children before they babysit.

**Shannon Lindquist, Michigan State University Extension** – January 17, 2013

Growing up, I logged many hours as a babysitter and while nothing out of the ordinary ever happened, I never had a conversation with any adult about staying safe or keeping the kids safe while I was watching them. The world has changed in many ways since I was a babysitter; it’s not as safe as it used to be. If your children want to begin babysitting, sit down and start a conversation about safety. This article provides talking points, not to scare your children, but to give them skills to handle situations that may or may not come their way.

Parents need to know who their child is sitting for; make it a rule that the sitter must always have permission before a babysitting job is accepted.
Meet with the family before you or your child babysits and get the following information: For a form that families can fill out log on to BabysittingbasicsKidshealth.org/teen/babysitting

- Parents’ names
- Children’s names and ages
- Address of the house
- Nearest intersections/directions to the house (in case it is necessary to give directions to emergency services)
- Phone numbers at the house
- Emergency services number (usually 911)
- Nationwide poison control hotline: 1-800-222-1222
- Location of exits
- Location of first aid supplies
- Location of fire extinguisher, flashlights
- Cell phone or pager number for parents
- Name and phone numbers for close neighbors
- Special medical information, such as asthma or food allergies
- Where parent will be; name, address and phone number
- Time parent will be home
- Children’s bedtimes and bedtime routine
- Any food or drink to be given to the children
- Medications for children if needed and when it is to be given

General safety reminders for sitters:

- Turn on outside lights in the evening
- Keep doors and windows locked; lock the door after the parent leaves
- If the kids are asleep, check on them every 15 minutes
- Don’t leave the house with the kids unless you have permission
- Keep doors locked while you are outside
- Don’t let anyone in the house unless you personally know him or her AND the parents said it is okay.
- If someone comes to the door and you are suspicious, or if you suspect a prowler, stay inside and call the police at 911
- Never identify yourself as the sitter on the phone, instead, say the parent can’t come to the phone and take a message
- Don’t tie up the phone, in case the parents are trying to call
• Don’t have friends over while you are working

Potentially dangerous items or situations in the home:
• Small children in bathtubs – never leave a child alone in the bathtub, not even for a second.
• In case of a fire know all the ways out of the house. Get kids out immediately, stay close to the floor, and do not open a door if it is hot. Only when you are out of the house, call for help from a neighbor’s, and do not go back in for any reason.
• Make sure your child has a safe escort home. Have a plan in place to pick your child up if the parents arrive home drunk. Teach your kids to trust their instincts when it comes to feeling safe.

You may have already had conversations with your children about safety, but if they are just starting to babysit, it’s a good idea to reinforce some of these points and to find out if your child is really ready to take on this huge responsibility. Enroll your child in a babysitting class; Michigan State University Extension may offer classes, along with the Red Cross, local hospital or your child’s school.

This article was published by Michigan State University Extension. For more information, visit https://extension.msu.edu.

For those who have young folks looking to explore summer opportunities, we hope you found this article helpful. Let us know what other topics you’d like us to provide more resources about.

From CSU Extension, Lincoln County, recommended resources:
https://www.mottchildren.org/posts/your-child/babysitter-safety
https://safesitter.org/student-resources/
https://www.redcross.org/take-a-class/babysitting-child-care

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Coming This Fall
We hope to do an Introduction to the Proctor’s Role class in late October. Stay tuned and check the Talent Development website and training calendar for dates. I’m afraid most of our classes aren’t conducive to on-line training with coordination of several instructors. I’m researching possibilities with our instructor team and hope to have some more classes soon on-line in a productive format. Bob
A Reminder from Annex E of Our Emergency Response Plan

Responsibilities of every employee include but are not limited to:

- Survey their buildings to proactively mitigate and plan for emergency situations.
- Help educate other occupants on the various risks in their areas.
- Know and understand the building safety plan for their building.
- Learn exit routes, exit stairwells, pull stations, fire extinguishers and automatic external defibrillators (AEDs) locations and areas of rescue.
- Know and post emergency phone numbers.
- Participate in all fire drills and treat every alarm as an actual emergency.
- Learn the needs of anyone for whom you are responsible who may need assistance during an emergency.
- Know rally point locations.
- If you notice an emergency, immediately call 9-1-1. If calling from a cellphone, immediately state the problem and tell the dispatcher you are calling from the CSU campus.

Why Stay Ready?  [an article from DRU]

So, if the plague and the economy weren't bad enough, you may have heard in the news about the horrible Big Horn Fire destroying Tucson's beloved Mt. Lemmon and Mt. Bigelow.

The fire is now at 75,000 acres and is only 33 percent contained. About 1,000 firefighters are on site fighting the fire. It started as a lightning strike and is endangering not only the beauty and homes of the Catalina Mountains, but also metro Tucson homes in the foothills. Evacuations are in place in some areas, and the fire is now about 5 miles from my house.

Fortunately, only one of our five college campuses is close to the fire, and the fire folks are giving everything they've got to keep it away from populated areas. That campus is closed, and electricity and natural gas have been shut off as a precaution.

Here are some photos taken close to my neighborhood, as well as today's local newspaper story.
A DC-10 VLAT (Very Large Air Tanker) drops thousands of gallons of fire retardant along a ridge east of Pima Canyon in the foothills of the Santa Catalina Mountains late Thursday, June 11, 2020, during the Bighorn Fire.

Rick Wiley / Arizona Daily Star


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Libby Howell, APR
Executive Director/Media, Community, & Government Relations

This article was shared by Disaster Resistant Universities [DRU] and Libby Howell at PCC
From Lori at Facilities
For more resources visit the Talent Development Website and click on Emergency Readiness Training

training.colostate.edu/emergency-readiness-trainings

or

https://safety.colostate.edu/

Ready Colorado State Newsletter is published six times each year – January, March, May, July, September, and November and distributed to your Building Proctors and its subscribers. It includes information from Building Proctors, university staff and faculty, from businesses and professional groups and publications, government sources, and from other campuses throughout Colorado and Wyoming. These articles are put together by your Ready CSU Training Team, a university-wide coalition of peers concerned about preparedness, safety, and YOU.

Check with your proctor to see what’s up in readiness here at CSU! Better yet, tell coworkers they can also subscribe to the newsletter at:

https://lists.colostate.edu/cgi-bin/mailman/listinfo/ready_csu_newsletter

This is your publication: if you have information that may be included here for the benefit of your fellow proctors, please send it to Bob Chaffee at Training and Organizational Development at this email address: bob.chaffee@colostate.edu