



Marshfield Public Schools

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Good morning MPSD stakeholders.

Please take a second to read this important safety message from the Marshfield Fire & Police Departments.

There have already been a number of water related tragedies in the Commonwealth during the month of June. On average, drowning takes an average of 3,500-4,000 lives per year in the United States. This represents an average of 10 fatal drownings per day. Additionally, drowning is the leading cause of unintentional injury related death for children ages 1-4 and remains in the top 5 causes of unintentional injury related death from birth to 54 years old.

As temperatures continue to rise and more people head to the pools and beaches, now is the perfect time to review water safety and drowning prevention with your family members. The following are some water safety tips that families can use in order to ensure a most enjoyable but vigilant summer in Marshfield!

- ❖ Swim inside designated swimming areas
- ❖ Swim in the buddy system and always tell someone where you are going
- ❖ Keep a close eye on children near the water. Parents and other guardians serve as the first and primary line of safety for their children
- ❖ Teach children to always ask permission before going near the water
- ❖ Avoid consuming alcohol or drugs
- ❖ Drink lots of water
- ❖ Don't dive headfirst into the water
- ❖ Do not swim during a storm or when there is lightning
- ❖ Make sure you know how to swim. If you can't swim, keep to shallow areas or use a U.S. Coast Guard-guard approved life jacket
- ❖ Don't swim beyond your skill set
- ❖ If caught in a rip current, don't swim against it. Swim parallel to the shoreline to escape it, and then at an angle toward the beach
- ❖ When in a boat, wear a US Coast Guard approved life jacket
- ❖ And if a person in your group goes missing, notify the lifeguard and/or call 911

More water safety tips and educational resources can be found at [WATER SAFETY STEPS – NDPA](#)

All of us here at the Marshfield Fire and Police Departments wish everyone a safe and restful summer season!