

Safety

USAREUR Recreational Water Safety Program

For the Commander in Chief:

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Official:



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Applicability. This regulation applies to USAREUR major, separate major, and assigned commands (USAREUR Reg 10-5).

Supplementation. Commanders will not supplement this regulation without Commander in Chief, USAREUR (AEAGA-SA), approval.

Interim Changes. Interim changes to this regulation are not official unless authenticated by the Deputy Chief of Staff, Information Management, USAREUR. Interim changes will be destroyed on their expiration dates unless sooner superseded or rescinded.

Suggested Improvements. The proponent of this regulation is the Office of the Deputy Chief of Staff, Personnel, HQ USAREUR/7A (AEAGA-SA, 370-8084/8124). Users may send suggestions to improve this publication on DA Form 2028 (Recommended Changes to Publications and Blank Forms) to the Commander in Chief, USAREUR, ATTN: AEAGA-SA, Unit 29351, APO AE 09014.

Distribution. Distribute according to DA Form 12-88-E, block 0402, command level A.

Summary. This regulation provides—

- a. Instructions for water safety and drowning prevention instruction.
- b. Sources of training aids.

1. PURPOSE

This regulation—

- a. Outlines the USAREUR Recreational Water Safety Program.
- b. Provides criteria for selecting authorized swimming areas.

2. REFERENCES

- a. AR 215-1, Administration of Army Morale, Welfare, and Recreation Activities and Nonappropriated Fund Instrumentalities.
- b. Technical Bulletin MED 575, Swimming Pools and Bathing Facilities.

c. Training Circular 21-21, Water Survival Training.

d. USAREUR Regulation 10-5, HQ USAREUR/7A Responsibilities and Functions.

e. USAREUR Regulation 350-1, USAREUR Training Directive.

f. USAREUR Regulation 385-4, Tactical Overwater Operations.

g. USAREUR Regulation 612-1, Community Central In- and Outprocessing.

h. USAREUR Pamphlet 385-5, Summer Safety.

i. USAREUR Pamphlet 385-10, Safe Army Now—A Commander's Guide for Increased Readiness.

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j. American Red Cross Water Safety Instructor's Manual, ARC Stock Number 329314.

k. American Red Cross Basic Water Safety Textbook, ARC Stock Number 329312.

3. EXPLANATION OF ABBREVIATIONS AND TERMS

a. Abbreviations.

ARC	American Red Cross
BSB	base support battalion
HQ USAREUR/7A	Headquarters, United States Army, Europe, and Seventh Army
USAREUR	United States Army, Europe

b. Terms.

authorized swimming areas

Local water bodies approved for use by base support battalion (BSB) commanders for offduty swimming.

hypothermia

Subnormal body temperature caused by exposure to cold weather or water. Hypothermia can cause death.

sudden immersion

An unplanned entry into water by a person who, for example, has accidentally fallen off a bridge, pier, or boat, or who has waded into an unexpected dropoff in the water.

unauthorized swimming areas

Local water bodies that are not on a BSB commander's approved list for offduty swimming.

unit level

For the purposes of this regulation, Army organization at company, battery, troop, or detachment level.

water body

Area where standing or running bodies of water which might be used for water recreation exist.

water recreation

Offduty activities which involve the use of a water body for fun or sport. Activities include fishing, jet skiing, kayaking, motorboating, sailboarding, sailing, scuba diving, snorkeling, surfing, swimming, waterskiing, or white-water rafting.

4. RESPONSIBILITIES

a. **Safety Division, Office of the Deputy Chief of Staff, Personnel.** The Safety Division, Office of the Deputy Chief of Staff, Personnel, HQ USAREUR/7A, will increase

individual water safety awareness by providing media coverage each May through August concerning drowning prevention.

b. BSB Commanders. BSB commanders will—

(1) Ensure basic water safety training is taught to USAREUR soldiers during the school of standards (USAREUR Regs 350-1 and 612-1). Appendix A provides more information on this training.

(2) Publish a list of authorized swimming areas. This list should be updated by 1 May each year.

c. Unit Commanders. Unit commanders will—

(1) Ensure BSB listings of authorized swimming areas are posted on unit bulletin boards.

(2) Ensure appropriate actions are taken regarding soldiers found using unauthorized swimming areas.

(3) Provide annual emphasis on—

- (a) Alcohol and water hazards.
- (b) Choosing safe swimming areas.
- (c) Drowning prevention
- (d) Safety tips for water safety activities.
- (e) Self-help in water emergencies.

d. Unit Safety Personnel. Unit safety personnel—

(1) Will post drowning prevention posters on unit safety bulletin boards from Memorial Day through Labor Day each year.

(2) Can obtain water safety posters from supporting BSB safety offices or by writing to the U.S. Army Safety Center, ATTN: CSSC-M (Distribution), Fort Rucker, AL 36362- 5363.

5. USAREUR DROWNINGS

Drownings—

a. Are a leading cause of deaths in USAREUR.

b. Most often occur during offduty recreational swimming (usually after dark) in unauthorized swimming areas.

c. Frequently are related to alcohol use and hypothermia.

6. MISSION-ESSENTIAL TASK LIST

Commanders of organizations that have overwater operations in their mission-essential task list will train their soldiers according to Training Circular 21-21. USAREUR Regulation 385-4 provides additional details on mission training.

7. AUTHORIZED WATER RECREATIONAL AREAS

BSB commanders may approve the following areas for recreational activities:

a. Commercially Operated Facilities. Public beaches and swimming pools, unless specifically placed off limits by the BSB commander for health, safety, or other cause, are authorized for use.

b. Lakes and Rivers. Lakes, rivers, and similar water bodies are acceptable if they have been approved by the German Regional Health Office (*Gesundheitsamt*).

8. TRAINING AIDS

The following aids may supplement water safety and drowning prevention training:

a. Videos. Videos in paragraphs (1) and (2) are available through the ARC for a fee. The video in paragraph (3) is available at no cost through the local training and audiovisual support center.

(1) Selected Aquatics, American Red Cross (ARC) stock number 321895.

(2) The Deceptive Power, ARC stock number 329475.

(3) Water Safety for the Family, training film (video tape) 20-6351, production identification number 702073DA.

b. Posters. Unit safety personnel will post and order water safety posters (para 4d).

Appendix

A. School of Standards Water Safety Training

**APPENDIX A
SCHOOL OF STANDARDS WATER SAFETY
TRAINING**

**SECTION I
ITINERARY**

A-1. PRESENTATION

Figure A-1 shows the water safety training itinerary, the approximate time each activity will require, and the suggested method of presenting the information.

Activity	Approximate Time	Method
Introduction and discussion of objectives	00:09	L/D
Water Safety for the Family	00:16	AV
Drowning prevention	00:10	L/D
Choosing safe areas to swim	00:05	L/D
Hazards	00:10	L/D
Self-help in water emergencies	00:05	L/D
Alcohol and water hazards	00:05	L/D
Key— AV: Audiovisual D: Discussion L: Lecture		
Total Time: 1 hour		

Figure A-1. Water Safety Training Itinerary

**SECTION II
LESSON PLAN**

A-2. EQUIPMENT

The following equipment is required for training:

- a. Chalkboard and chalk or flip chart and markers.
- b. Video cassette recorder (VCR) and monitor.
- c. Audiovisual, Water Safety for the Family.

A-3. OBJECTIVES

At the end of the session, participants should be able to identify—

- a. Major causes of water accidents.
- b. Measures for preventing water accidents.

A-4. INTRODUCTION AND DISCUSSION

An instructor will—

- a. Welcome participants and introduce the teaching staff.
- b. Ask participants to state their expectations.
- c. Explain whether or not this course will meet students' expectations.
- d. Review with participants the following purposes of the course:
 - (1) Provide general water safety information to create an awareness of the causes and prevention of water emergencies.
 - (2) Develop a desire to be safe in, on, and around the water.
 - (3) Contribute to safe and healthful water recreation.
- e. Emphasize the importance of being prepared in water safety. The instructor will explain that by knowing how to respond to potential dangers in, on, and around the water, participants may prevent tragedy.

A-5. DROWNING PREVENTION

The instructor will—

- a. Cite statistics about the severity and extent of the water safety problem. The lecture will include the following information:
 - (1) About 4,600 Americans drown every year.
 - (2) Fifty-four USAREUR soldiers, civilians, and family members have drowned in the past 10 years.
 - (3) Diving into shallow water—
 - (a) Results in the greatest number of serious spinal cord injuries of all sports.
 - (b) Can result in complete paralysis from the neck down.

b. Point out that many water-related deaths and serious injuries can be prevented if people take a few simple precautions before swimming, diving, or playing in the water.

A-6. CHOOSING A SAFE PLACE TO SWIM

The instructor will—

a. Discuss characteristics of a safe place to swim.

b. Use the following situations and write participants' responses on the chalkboard or flipchart.

(1) You arrive at an unfamiliar pool. What are the safety characteristics to look for before you swim? Your completed list should include the following characteristics:

- (a) Buoyed lines separating shallow and deep water.
- (b) Clean water.
- (c) Emergency communications equipment.
- (d) Lifeguards.
- (e) No nearby electrical equipment or power lines.
- (f) Nonslip surfaces.
- (g) Supervision for children and nonswimmers.
- (h) Water-depth markings.

(2) You are going swimming at a beach, lake, river, or ocean. What safety characteristics should you look for? Your completed list should include these characteristics:

- (a) Clean and well-maintained beach.
- (b) Clean water.
- (c) Emergency communication equipment.
- (d) Firm, gently sloping bottom.
- (e) Lifeguards.
- (f) No nearby electrical equipment or power lines.
- (g) Safety equipment (such as a boat, flotation devices).

(h) Sturdy docks, piers, and rafts with nonslip surfaces.

(i) Supervision for children and nonswimmers.

(j) Water-depth markings.

A-7. HAZARDS

The instructor will—

a. Discuss potential hazards at waterfront facilities (beaches, lakes, rivers).

b. Note that hazards differ throughout Europe.

c. Tell participants to always inspect new areas before swimming.

d. Emphasize hazards common to the local area.

e. Briefly discuss—

- (1) Aquatic plants.
- (2) Bad weather.
- (3) Bottom hazards.
- (4) Dams.
- (5) Danger signs (such as, audible signals, flags, and the absence of other swimmers).
- (6) Waves and currents.

f. Discuss the causes, prevention, and treatment of—

- (1) Cramps.
- (2) Exhaustion.
- (3) Hyperventilation.
- (4) Hypothermia.
- (5) Panic.
- (6) Sunburn, heat stroke, heat exhaustion.

g. Refer to the American Red Cross (ARC) Basic Water Safety Textbook, pages 8 through 19, for additional information.

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A-8. SELF-HELP IN WATER EMERGENCIES

The instructor will—

a. Define sudden immersion and discuss situations that might lead to suddenly finding yourself in the water.

b. Explain that being near water is—

(1) Potentially dangerous, whether you plan to swim or not.

(2) Especially dangerous when you do not plan to swim because you are less prepared if you end up in the water.

(a) Unintentional falls into water cause many drownings each year.

(b) People who are not good swimmers often panic when they fall into water. These people have a good

chance of survival by staying calm and using the techniques in the ARC Basic Water Safety Textbook, pages 36 through 42.

(c) Wearing a U.S. Coast Guard- or German *Technischer Überwachungsverein (TÜV)*-approved lifejacket is the most effective way to prevent drowning.

A-9. ALCOHOL AND WATER SAFETY

Swimming after consuming even a small amount of alcohol can be very dangerous because alcohol—

a. Effects judgment.

b. Makes it more difficult to stay warm.

c. Slows down movements and impairs vision.

d. Reduces the drinker's swimming ability.