

# Water Safety for Families

BAYSTATE— As temperatures rise, families may be looking for fun ways to cool off and stay active. Water activities like swimming, diving, canoeing, boating, and water skiing, offer relief during these hot summer months, but it's important to remember many injuries can happen during recreational water activities.

"When we think of water safety, we generally think of swimming pools," said Dr. Joe Sills, chief of Emergency Medicine at Baystate Wing Hospital. "But there are many other places where water safety should be practiced. It's important to remember that drowning can happen anywhere there is water, including swimming pools, ponds, and lakes, and even in the presence of lifeguards."

Many local communities are seeing a shift in who applies for lifeguard positions if any do at all, and it's a concern. According to the Centers for Disease Control and Prevention, more children ages 1-4 die from drowning than any other cause of death and it's the second leading cause of unintentional injury death for children ages 5-14.

"Drowning is a quick and silent killer," said Sills. "The majority of children who drown in swimming pools were last seen in the home, had been out of

sight for less than five minutes, and were in the care of one or both parents at the time of the drowning. In the time it takes to cross the room for a towel (10 seconds), a child in the bathtub can become submerged. In the time it takes to answer the phone (2 minutes), that child can lose consciousness. In the time it takes to sign for a package at your front door (4 to 6 minutes), a child submerged in the bathtub or pool can sustain permanent brain damage. A child that's drowning, is not going to be yelling for help. They are typically going to be struggling to keep their face above water level. You might see their face kind of going up and down above the water level, and it really can only take 30 to 60 seconds before they're completely submerged."

"The best way to prevent drowning is through the 'touch supervision' technique, which means being within an arm's length of the child at all times, able to reach them and pull them from the water immediately," said Sills.

Children are not the only ones that need to practice water safety, adolescents and adults do too. According to the CDC, drowning is the third most common cause of accidental death among those under age 16.

"Young people who drown



are often victims of their own misjudgment of their swimming ability. They may view a river or a lake as a tempting means of cooling off in a hot spell but fail to appreciate the harmful effects that the cold water can have on stamina and strength," noted Sills. "Learning how to swim is important for folks of all ages. Those who don't know how to swim can very easily find themselves in water over their heads with little time to call for help and they can submerge and drown very quickly.

"Alcohol reduces body temperature and impairs swimming ability, balance, coordination, and judgment and its effects are heightened by sun exposure and heat," said Dr. Sills offering these

additional water safety tips:

### Water safety tips:

- Never swim alone.
- Take swimming lessons.
- Make sure you are ready to respond in case of an emergency: have an emergency phone near the body of water and learn how to perform CPR.
- Have a pool fence and keep toys away from the pool. Toys can attract young children into the pool.
- Know the depth of the water and the water temperature before swimming. Cold water can tax the body and make it difficult to swim well.
- Do not swim if you have been drinking or if you have taken medication that alters your med-

ical status.

Toddlers should wear proper swim diapers designed to contain urine and feces.

Empty all buckets, containers, and wading pools immediately after use. Store them upside-down and out of children's reach.

Know the local weather conditions and forecast before swimming or boating.

What to do if you see someone drowning?

Call 9-1-1 immediately.

If the victim is within throwing distance, throw a floatable object to them. This includes a life jacket, kickboard, or even an empty gallon jug.

If the victim is within reaching distance, assist them by extending something long, such as a rope, pole, ring buoy, or a tree branch.

If you must enter the water to assist someone, take a flotation device large enough to carry two adults safely. Keep the device between you and the person in distress; even a child can put an adult at risk in deep water.

"Taking the right precautions, summer can be a safe and enjoyable time for the whole family," noted Sills.

For more information about Baystate Wing Hospital, visit [baystatehealth.org/wing](http://baystatehealth.org/wing).

## Public Notices

### GRANBY ZONING BOARD OF APPEALS AND GRANBY PLANNING BOARD JOINT PUBLIC HEARING NOTICE

In accordance with MGL Ch. 40A, Sec. 11, the Granby Zoning Board of Appeals and Granby Planning Board will hold a joint public hearing on **July 8, 2024, at 5:45 PM**, at 1 Library Lane, Old Carnegie Library, Top Floor, Granby, MA. The nature of the hearing is to consider the petition of Mael and Michelle Walkowiak (Owner/Applicant), seeking a Special Permit and Site Plan Approval for a single family use to include a mother-in-law suite to be occupied by senior immediate family member, under Sections 6.2 and 6.3, Special Permits and Site Plan Approval, of the Granby Zoning Bylaws and applicable of Section III – Use Regulations, 3.3.2 Multi-family dwelling, and Section 5.0 Multi-Family Dwellings, at 0 Philip Circle, and known as Assessors' Map 4-B-2-11

in the Town of Granby, MA. The complete applications and plans are available for public inspection during regular business hours (9:00AM – 3:00 PM, Monday-Thursday, and 9:00AM – 12:00 PM Fridays) at the Selectmen's Office located in the Granby Senior Center Building, 2nd Floor, 10-B West State Street, Granby, MA 01033.

Anyone wishing information and/or to be heard on this matter should appear at the time and place designated.

Kathleen Bronner, Chair  
Granby Zoning Board of Appeals

James Trompke, Chair  
Granby Planning Board  
06/21, 06/28/2024

### TOWN OF SOUTH HADLEY NOTICE OF PUBLIC MEETING

The Conservation Commission will hold a public meeting pursuant to the Massachusetts Wetlands Protection Act and the South Hadley local wetlands bylaw and regulations to consider

a Request for Determination filed by Anabela Cruz to remove two trees within Riverfront Area at 508 River Road (Map 43, Parcel 28).

The meeting will be held on **Wednesday, June 5, 2024 at 6pm virtually**. Login information will be provided with the posted agenda on the Town website. A copy of the request is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection between the hours of 8:30am to 4pm Mon thru Fri. Plans are also available online at [www.southhadley.org/603/Project-Plans](http://www.southhadley.org/603/Project-Plans).

Any person interested or wishing to be heard should appear at the time and place designated.

Neva Tolopko  
Conservation Chair  
06/28/2024

### GRANBY PLANNING BOARD PUBLIC HEARING NOTICE

In accordance with MGL

Ch. 40A, Sec. 11, the Granby Planning Board will hold a postponed public hearing from **June 24, 2024 to July 8, 2024, at 5:15 PM**, at 1 Library Lane, Old Carnegie Library, Top Floor, Granby, MA. The nature of the hearing is to consider the petition of Heather Reynolds Labonte (Owner/Applicant), seeking a Special Permit under Sections 6.2 of the Granby Zoning Bylaws and applicable of Section III – Use Regulations, 3.2.10 and Section V – Special Use Regulations and Performance Standards 5.14 – Special Event Venue at 145 Harris Street, and known as Assessors' Map 12-A-1 in the town of Granby, MA.

The complete applications and plans are available for public inspection during regular business hours (9:00AM-3:00 PM, Monday-Thursday, and 9:00AM-12:00 PM Fridays) at the Selectmen's Office located in the Granby Senior Center Building, 2nd Floor, 10-B West State Street, Granby, MA 01033.

Anyone wishing information and/or to be heard on this

matter should appear at the time and place designated.

James Trompke, Chair  
Granby Planning Board  
06/28, 07/05/2024

### TOWN OF SOUTH HADLEY NOTICE OF PUBLIC MEETING

The Conservation Commission will hold a public meeting pursuant to the Massachusetts Wetlands Protection Act and the Local Wetlands Bylaw and regulations to consider a Request for Determination filed by Markio Romagna to remove trees within Buffer Zone to an intermittent stream at 218 Lathrop St (Map 43, Parcel 28).

The meeting will be held on **Wednesday, July 10, 2024 at 6pm virtually**. Login information will be provided with the posted agenda on the Town website. A copy of the request is on file in the Conservation Commission office, Room U6, in the Town Hall, and is available to the public for inspection between

the hours of 8:30-4 Mon thru Fri. Plans are also available online at [www.southhadley.org/603/Project-Plans](http://www.southhadley.org/603/Project-Plans).

Any person interested or wishing to be heard should appear at the time and place designated.

Neva Tolopko  
Conservation Chair  
06/28/2024

**Please check the accuracy of your legal notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.**

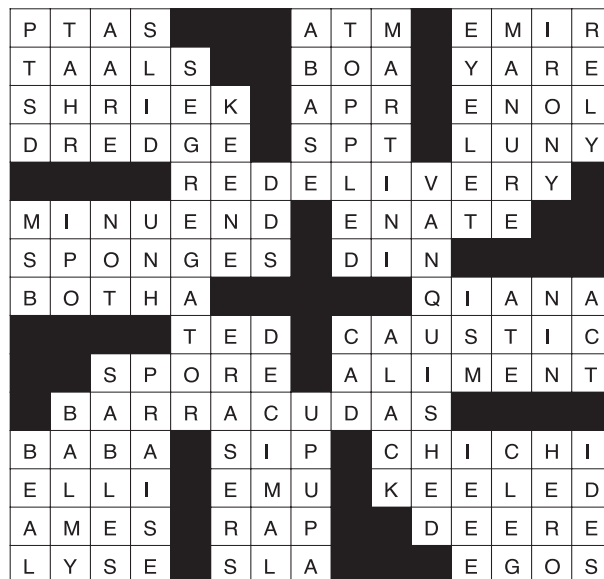
## Town Reminder OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$225, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: [obits@turley.com](mailto:obits@turley.com).

*Exceptions will be made only when the family provides a death certificate and must be pre-paid.*



## PUBLIC NOTICES ARE NOW ONLINE

- 1 Email all notices to [notices@turley.com](mailto:notices@turley.com)
- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit [www.publicnotices.turley.com](http://www.publicnotices.turley.com)