

Safety Insights

July 2010 | Volume 4 Issue #7.1

Safety Insights will be available twice per month. Beginning with this issue, *Safety Insights* e-news will be distributed on a semi-monthly basis. This new schedule will allow for more succinct and frequent information. The new schedule will include all the great resources and reminders that you have come to expect from Safe-Wise Consulting. Visit our [archive](#) for past issues and also consider emailing a friend so they can [sign-up](#) too.

Lifeguards must remain vigilant and alert at all times. At no time is this more important than in the busy summer swim season. Supervisors must support effective guarding by ensuring that schedules and facilities allow for appropriate breaks, adequate shade and plenty of water for hydration. Taking time at a staff meeting to review the [Lifeguard Pledge](#) is a good mid-summer activity that will remind Guards of their important duties.

Record heat has affected parts of the US already this summer. Prolonged or strenuous activity in hot environments can cause a range of ailments from discomfort to death. It's essential that staff members understand the risks and how to protect against them. Providing activity breaks, shade and plenty of water are some easy steps. More information is available in our Online Resource Library's [Heat Sickness Consideration](#) that discusses possible heat-related health hazards, how to avoid them, how to recognize them and how to cope with them if they occur.

Preventing Bullying at Camp is the job of every staff member. Take a mid-summer moment to remind staff that they need to discuss camper rules and also role-model the behavior in these rules. Let campers know that bullying is unacceptable and won't be tolerated. Bullying usually occurs in places when counselors are not around, so it is important to make bullying a regular topic of discussion with campers. More information can be found in the [Bullying Prevention Tip Sheet for Camp Staff](#) from the [American Camping Association](#).

Notes from the Field has been added to the [What's New](#) section of our Website.

Forward this link to a colleague, volunteer or staff member so they can [sign up for the e-news](#)