



Cooling off this Summer



Stay pool safe this summer

AUSTRALIA'S stunning beaches, lakes, rivers and even pools are an annual drawcard for millions of Australian holiday makers, but knowing some basic first aid can help assist in the event of drowning or heatstroke.

People often underestimate the severity of heatstroke which can be a life threatening. The body loses the ability to cool itself so that is where we need to provide assistance.

Move the person to a cooler place, loosen tight clothing, apply cool wet cloths or towels, fan them and give small amounts of cool water, ensuring they slip it slowly.

When it comes to safe swimming practices, Red Cross National First Aid

Advisor Dan Coad advises people to monitor the conditions and avoid drinking alcohol before swimming.

"We should be aware of our limitations and test our skills and fitness in a safe environment such as a public pool prior to swimming at the beach, just to make sure we're physically capable of swimming in the surf," Mr Coad said.

"Obviously we should refrain from drinking alcohol before swimming and never swim at night. Alcohol and water don't mix.

"Let your children know that they are not to enter the water without a parent present, and if possible speak to a local before entering the water to see if

there is anything you should know about rips, deep holes or sandbars.

"If someone appears to be drowning, do not enter the water unless you are specifically trained to perform water rescues. As with other first aid emergency incidents always follow the basic life support process," he said.

If you are on your own always call 000 first to ensure help can be sent as soon as possible.

To find out about basic life support, download a Red Cross first aid mobile app today through Google Play or the App Store. Always take a Red Cross first aid kit in the car or caravan and better still book into a Red Cross first aid training course for 2014.



Knowing some basic first aid can help keep you safe in the water this summer.

Keep cool and relax!

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and existing systems, and have experience with all makes and models of Air Conditioning, Gas Heating, Evaporative Cooling and mechanical. Call us on 6297 4109.

Visitors rate Magic Mountain one of the best

MERIMBULA'S Magic Mountain was recently awarded a place in Trip Advisor's Travellers' Choice 2013 Top Ten Water Parks and Amusement Parks in the South Pacific.

Magic Mountain is very proud of this achievement, and attribute the award to the wonderful staff who year after year provide visitors with a fun, safe and value-packed tourist experience.

The winning recipients are selected purely on visitor experience, and Magic Mountain scored a high number of "excellent" and "very good" visitor reviews.

Magic Mountain features a variety of rides and attractions that appeal to a wide range of ages. Whether it be the Toddler Splash Pool for the little ones, or the highly charged Diamond Python Roller Coaster for the adrenalin seekers, Magic Mountain is all about fun!

Visit our website at magicmountain.net.au.



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Everyone wants to be in the pool this summer

- All permanent and inflatable pools that can hold more than 30cm of water **MUST** be fenced.
- Council officers are currently inspecting.



For more information contact Sustainability and Better Living on 6285 6246.

Drowning is the leading cause of death for children under five years of age. Protect your pool, protect your kids!



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