



NEWS RELEASE

Date: May 13, 2008

Release Date: Immediately

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(Water Incident Claims Life)

At 8:38 am Tuesday, firefighter/paramedics from Tualatin Valley Fire & Rescue responded to a report of a water incident at the Sunset Athletic Club, 13939 NW Cornell Road. When firefighters arrived, they found club staff, a Washington County Sheriff's Deputy, and Metro West Ambulance paramedics performing CPR on the adult male patient. TVF&R firefighter/paramedics joined the effort and continued CPR. Despite the rapid administration of CPR and advanced life support measures, the patient did not revive and was pronounced dead at the scene.

Club staff members told deputies that a club patron getting into a lap pool noticed the man floating in about seven feet of water. Two patrons pulled the patient from the water and club staff notified 9-1-1 and immediately began administering CPR (Cardio Pulmonary Resuscitation). They were joined by the Sheriff's Deputy who heard the call being dispatched. At the time of the incident, there was no designated lifeguard on duty. However, club staff members were close by. The Washington County Medical Examiner has taken custody of the deceased and will be performing an examination to determine the cause of death.

With warm weather approaching and individuals possibly headed to Northwest beaches, rivers and lakes, TVF&R's Water Rescue Team offers these water safety related tips:

1. Exercise caution to avoid shock and hypothermia. Although the outside temperature may be warm, the temperature of local lakes and rivers remain around 40 degrees. At that temperature, someone jumping into the water can "involuntarily gasp" causing cold water to rush into their lungs. In addition, cold temperatures can impair a swimmer within 10-15 minutes.
2. Always swim with a buddy or select places and times when lifeguards are on duty.
3. Designate an adult to supervise all children playing in or around water. That adult should not be performing any other tasks such as reading, playing cards, or talking on the phone..
4. Learn to swim. Ensure each swimmer's competency level matches the activity.
5. Avoid drinking alcohol while swimming, boating, skiing, or supervising children in or around water.
6. Always enter the water feet first unless the area is marked safe for diving.
7. If you have a home swimming pool, ensure a four-sided fence isolates the pool from the house and yard to prevent small children from falling in. Remove all pool toys after use to prevent small children from attempting to retrieve them.

8. All children and inexperienced swimmers should wear U.S. Coast Guard-approved personal floatation devices (PFD) when near or in the water.
9. Learn CPR. You may be the only person available to save a life.

For more information on life safety tips, visit www.tvfr.com.

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