

Swimming

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can jump to the side of the pool).

There have been no serious injuries at Kimberley Park Pool this summer, and only one incident in which a drowning victim had to be saved, King said. In that case, a boy about 7 years old who is about 4 feet tall got into water about 5 feet deep. The boy could not swim and went under the water. He was near the side of the pool. Lifeguard Debbie Kull quickly saved the boy.

The boy had gotten separated from his older brother, about 11 years old.

That situation shows why it's important for older children to always stay near the younger children they are supervising, King said.

Although a good number of children are accompanied by parents or guardians, lifeguards commonly see situations where no parent is present and an older child is watching a younger brother or sister, King said.

"The thing that bothers me the most is when you see an 8-year-old with a 5-year-old," King said. If the older child is at least 10 or 11 years old, is a swimmer and understands the rules, it's probably OK, King said. But if the child in authority is

younger than that, King worries. "We do have our share of littler kids (younger than 10 or 11) who know how to swim but their judgment is not as good."

It's easy for children to get excited or so involved in play that they wander away from the sibling they are supposed to be supervising or be supervised by. So King tells siblings to remain within arm's reach of each other.

Kids getting too excited is also the source of some other safety problems. "We've had a problem with kids wanting to run around the pool. Kids don't realize when the concrete gets wet, it gets slippery," King said.

Excitement also leads to horseplay - some kids think it's "Monday Night Nitro" - or trying to show off on the diving board.

King tells divers to bounce only once on the diving board.

"My favorite thing to say is, 'It's not a trampoline,'" King said.

She also tells divers to wait until the person who dived in front of them is out of the way before diving, and to dive straight ahead, not to the side. A lot of younger kids want to dive to the side, toward the wall, which is about seven feet from the diving board. If they hit the wall, they could suffer a head or neck injury, King said.

She offers these other safety tips:

- Swim with a buddy.
- Make sure you can swim before you go into the deep end. "That's a common sense thing. I hope these kids would know that," King said.

If King questions a person's ability to swim, she will have the person swim a length of the pool.

- If you can't swim, don't go out over chest deep.

- If the water is cold, be aware of how your body is reacting.

- Only one person should be on the diving board at a time.

- Be responsible. Think about other people and their safety. For example, King said, "If you are going to endanger a person's life by pushing someone's head under water, don't do it."

In a nutshell, the major rules at Kimberley Park Pool include no running, no horseplay, one person on the diving board at a time, no pushing, no dunking, no cursing, no food, wear appropriate attire.

The swimmer will get a warning on the first violation and may be asked to sit out for 5 to 10 minutes on the second violation.

"Sometimes we get creative," King said.

For example, if the swimmer was running, the lifeguard may ask

him or her to walk around the pool property a number of times.

A third offense may result in the swimmer being ejected from the pool if the offense is serious and if the offender has an "attitude."

"We try not to eject anyone because they have paid (admission)," King said. "They are here to have fun."

But "I'm here to protect your life," King said.

Dick Butler said Kimberley Park Pool usually has five lifeguards on duty, but more can be called in if there are large crowds.

King said the lifeguards divide the pool into zones to monitor the swimmers. Each lifeguard works a rotation: 20 minutes on the high stand, 20 minutes on the low stand and 20 minutes roving. An average of 500 people a week have come to the Kimberley Park Pool this summer, King said.

Martin said that if only one person is in the pool, one lifeguard is on duty. If just two people are in the pool, two lifeguards are on duty. "A lot of pools just have one guard for 15 people," he said.

King said that to be a lifeguard one must complete a lifeguard course, which includes first aid; and

must complete a CPR course for professional rescuers. Martin is one of the few lifeguards working at the nine city pools to have a water safety instructor's certification, which is more advanced level of training.

King said that lifeguards have other duties besides monitoring swimmers, such as maintaining the pool and collecting the admission fee. She also tries to get to know the kids. "I like to think of it as counseling... We want to make friends with the kids... (but) our main priority is protecting them."

A swimmer, Jonathan Broadway, 16, said he thinks the lifeguards at Kimberley Park Pool do a good job of monitoring the swimmers.

Rahshann Broadway, Jonathan's 13-year-old brother, said the lifeguards are "cool." "They don't sit you out unless you're running or something."

Anthony Broadway, 12, cousin of Jonathan and Rahshann, said what he likes best about coming to the pool is "talking junk to the lifeguards."

A.J. Gywnn, 15, said he, too, enjoys talking to and laughing with the lifeguards.

Joseph Brown, 12, said, "I come

here just about every day. I know everyone (the lifeguards) by name and they know me."

Antwon Dobson, 10, said he likes to swim at Kimberley Park Pool "cause it's fun."

Dick Butler said there have been no serious injuries at any of the city pools this summer. "We're always having kids stumping their toes (from running)," he said. And there have been minor accidents when a kid gets excited and jumps into the pool on someone else.

Lifeguards have to be on their toes even more than usual this time of the year to watch out for swimmer overconfidence, Butler said. "Everybody thinks they are good swimmers because they have been in the water all summer."

Butler advises all swimmers to listen to what the lifeguards say and obey the rules. Lifeguards are there to protect the swimmers, he said.

Blum, Happy Hill, Mineral Springs, Parkland and Sprague Street pools will close Aug. 1. Kimberley Park, Polo and Reynolds Park pools will close Aug. 8. Bolton Pool, the largest of the nine pools, will remain open until Labor Day, Sept. 6.

Lanterns of Hope will honor understanding

Special to THE CHRONICLE

The 10th annual Winston-Salem Lanterns of Hope ceremony will be held July 31 from 5:30 to 9 p.m. at Salem Lake Park shelter in Winston-Salem.

This program brings together people of all ages and cultures to enjoy an exciting multicultural, bilingual program honoring diversity, peace and understanding in our community and world.

Originally created and sponsored by Forsyth County Public Library in union with several hundred communities worldwide to honor the event of Hiroshima Day and the cause of world peace, Winston-Salem's event has expanded greatly this year to include 40 other sponsoring and supporting organizations. It has also moved to a new, central location of Salem Lake Park.

This year's event will begin with a covered-dish supper featuring the Joe Robinson Quartet. Participants can bring a favorite dish, preferably

something typical of their cultural background, to share with others at the meal.

At 6:30 p.m. children and interested adults will make a peace lantern with words and pictures expressing their hope for a better world. There will also be an opportunity to make an origami paper crane and work on a group banner of the program's theme.

At 7 p.m. there will be a formal introduction to the program's theme with "A Thought, A Wish, A Prayer" presented in eight to 10 languages. This will be followed by three ethnic dance performances: Mexican folk dance by the Mexican Dance Group of Yadkinville; Indian classical and folk dance by the Nrityabharati Dance School; and Greek dance by the Greek Orthodox Church dance group.

At 8:15, as dusk begins to fall, the combined choirs of Galilee Missionary Baptist Church will lead the group in a candlelight procession around the corner of Salem Lake to the launching area. The lanterns will be carefully attached to one another

and fed into the water to be drawn across the corner of the lake by a canoe, creating of the individual lanterns one collective expression of our hopes for multicultural peace, justice, friendship and understanding.

At last year's ceremony a chain of 175 lanterns made a moving, spectacular sight that caused the participants to burst into applause several times. Fifteen minutes later children and parents will pick up their lanterns to take home with them as a souvenir of this memorable event.

Admission to Lanterns of Hope is free. The program will take place rain or shine. Participants are encouraged to bring a folding chair to use in case of a large crowd.

Salem Lake Park is just off Reynolds Park Road, which runs south from Martin Luther King Jr. Drive at Winston-Salem State University to Waughtown Street at King Plaza shopping center. For more information call 748-3088 days or 724-5907 evenings and weekends.

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