

— Everyone who lives, works, or plays near a pond should know how to swim and how to give artificial respiration. Find out more about it from your local Red Cross organization.

Follow these steps to install a rescue station:

1. **POST**—a 6-ft two-by-four or four-by-four, preferably painted yellow. Set post about 2 ft into ground, standing no more than 4 ft out of ground, near water at any point where swimmers might get into trouble. Paint “THINK, THEN ACT” down length of post on all sides. About 1 ft from top of post, attach metal shelf bracket, wooden arm, or 60-penny spike as hook for coiled rope and jug float.

2. **JUG**—a gallon plastic jug with an inch of water inside for throwing. Paint “FOR EMERGENCY USE ONLY” on side.

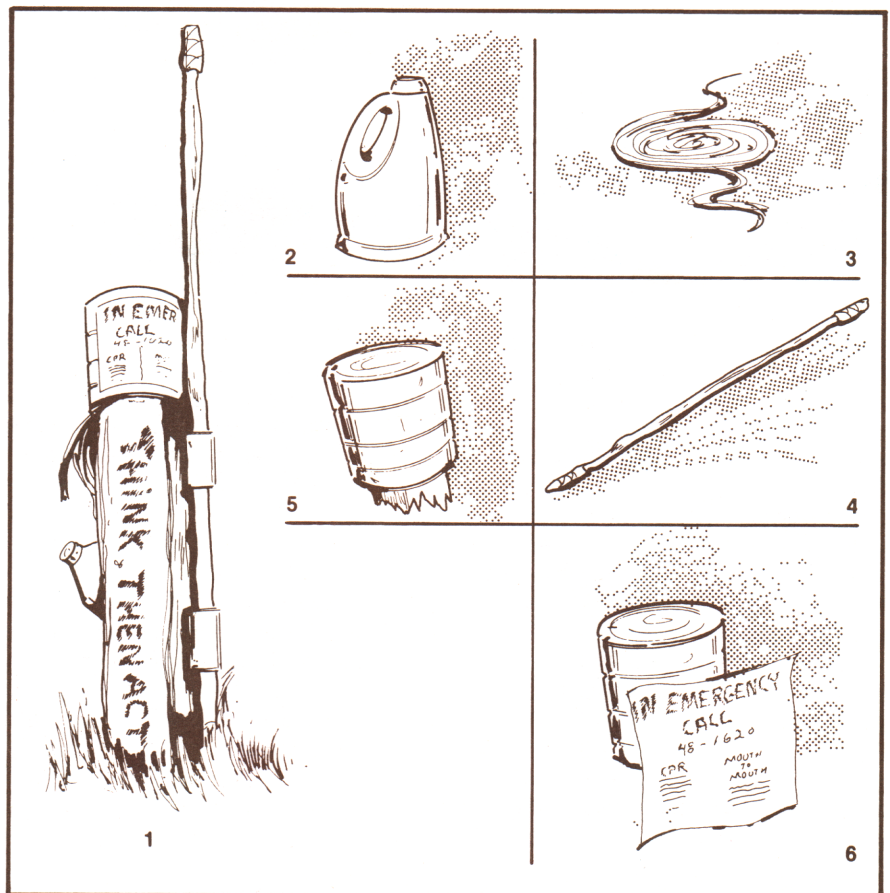
3. **LINE**—a 40-ft length of plastic-coated clothesline. Tie one end to handle of plastic jug. At opposite end, fasten a 4-inch piece of two-by-four to prevent line from slipping completely through hands or from underfoot when thrown.

4. **POLE**—a 10-ft or 12-ft bamboo pole or sapling. Since pole will be used to extend to anyone struggling in water, tip and butt should be wrapped with friction tape to reduce slippage. Paint pole white. Hold pole in upright position by placing it in two 6-ounce tin cans, nailed near bottom of the post about 6 inches apart.

5. **TIN CONTAINER**—a 46-ounce juice can or a 2- or 3-lb coffee can. Remove one end, then slide can over top of post. Fasten down with one nail through center of top so it is possible to rotate and read the poster described below.

6. **POSTER**—a sheet of safety tips, rescue methods, and emergency telephone numbers. After applying a coat of spar varnish to can, attach poster to can and mount can at top of post. Let dry thoroughly, then varnish poster to protect against weather.

Note: Add a ladder to the rescue station, if the pond is likely to be used in winter.



Steps in making a rescue station.