



PARTNERS IN CRIME PREVENTION

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SAFETY IN THE MOUNTAINS- WHILE ENJOYING NATURE

This summer the mountains seem to be very popular with people enjoying hiking and our mountain rivers to getaway from having to think about the coronavirus.

Summer is a very busy season for the Snohomish County Volunteer Search and Rescue unit and for the fire districts in the mountainous portion of



When there are more people in the mountains, there is more work for local fire districts and the Snohomish County Volunteer Search and Rescue Unit. On a recent weekend, Sky Valley Fire conducted several rescues in the Eagle Falls area of the Skykomish River. This was in addition to one drowning in Cedar Ponds near Monroe

With the large number of people enjoying the river come cars and trucks parked along the highway. Fire fighters had to shut down the highway to park their rigs.

Snohomish County. And this year is no different.

In addition to saving people from the rivers, crews get calls to find lost and overdue hikers.

You can do a lot to keep yourself out of trouble and to help yourself should you find yourself in trouble.

Here are a few reminders to help yourself while you are having fun on the trails or the water.



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RIVER SAFETY-

If you are going to navigate one of our rivers keep the following in mind:

- Know the waterway. Get advice from a knowledgeable river guide.
- Wear a river helmet.
- Steer clear of deadly strainers.
- Watch for river channels which can change from season to season, moving dangerous snags and strainers.
- Never float a river alone, if possible have at least one oared craft in your group in case a rescue is necessary.
- Watch children closely. Keep them within arms reach.

SAFETY IN THE MOUNTAINS- RIVER SAFETY

River water is colder than you might think. When you jump into it, you can go into shock then go under the water and drown. Sky Valley Fire recommends that everyone wear life jackets. A life jacket can keep you floating and possibly save your life should you go into a cold shock.

All sorts of paddlecraft are increasing in popularity. According to boating accident data, paddlecraft are at a higher risk of capsizing and swamping. Almost half of all boating fatalities in Washington state have involved paddlecraft since 2012. And nationally, between 2015 and 2017, 79% of paddle-related deaths involved drownings. And of those drowning victims, 74% were not wearing a life jacket.

Besides wearing a life jacket, here are some more tips for safe boating on our rivers,

- While around mountain rivers, dress for the water temperature, not the air temperature.
- Check the weather and marine forecasts before going to the

mountains.

- Have the right gear and apparel for the weather and the activities that you plan to do.
- Be ready for changing conditions.
- Carry two forms of communication, such as a cell phone and a portable two way radio to talk to

others in your party.

- Take a whistle to alert others that you are in trouble.
- Know your limits and don't take risks.



- Never swim, paddle or boat under the influence,
- Tell someone where you are going and when you expect to return.
- Beach logs, river banks and rocks near the shore are usually slippery. A fall can knock you unconscious preventing you from saving yourself.
- Don't dive in. Two thirds of catastrophic neck injuries occur in open water and the sea.

SAFETY IN THE MOUNTAINS – 10 ESSENTIALS

Hiking in the mountains is also fun in the summer and many people are taking advantage to hike and take in nature. But if you get into trouble, you may not have immediate help.

You are responsible for your own safety when on the trail. Besides doing a little planning and researching, taking the following 10 items with you in your backpack will help you in an unexpected survival situation:

1. **Navigation**– a map and a compass. A GPS can point you in the right direction, but a map and compass can tell you if it is possible to go that way.
2. **Hydration**– take plenty of water to avoid heat stroke, hypothermia and altitude sickness.
3. **Nutrition**– take a day’s worth of extra food that takes no preparation and is high in energy.
4. **Rain gear and insulation**– a light rain jacket and extra layers for cold. Wool or poly blends are best to wick moisture away from your skin.
5. **Firestarter**– waterproof matches and a dry or waterproof striker in case you need a fire overnight.
6. **First aid kit**– A useful first aid kit helps if you have a major injury. Hiker first aid kits can be purchased at outdoor stores. Also, consider taking a first aid course from the Red Cross or the

Mountaineers.

7. **Tools**– A knife or multitool can be indispensable in preparing food, preparing bandages, and repairing gear. Also, duct tape can fix just about anything.
8. **Illumination**– If you get caught in the dark on the trail you can have a very difficult time safely moving around. Take a flashlight with fresh batteries. Take extra batteries and an extra bulb.
9. **Sun protection**– Take sunglasses and sunscreen.
10. **Shelter**– Take an emergency tarp or space blanket to protect you from a sudden storm or keep you warm overnight.

Some other items to consider taking with you include:

- Insect repellent
- A whistle
- Watch
- Mirror (for signaling)
- Gloves
- Extra socks
- Orange vest (during hunting season)

TRAILHEADS – PREVENTING CAR PROWLERS

While you prepare for hiking or a day by the river, you should also prepare our car or truck for sitting in the parking lot-

- *Take your wallet with you.*
- *Don’t leave anything in plain view.*
- *If you are putting things in your trunk, put it there at home before you leave.*
- *Lock you car or truck. And don’t hide the keys in your vehicle.*
- *While in the parking lot, keep an eye out for people who don’t seem to be getting ready for hiking or to leave. Make a note of their descriptions.*
- *If your vehicle is broken into report it to the nearest ranger station.*

SEARCH AND RESCUE- RECREATE RESPONSIBLY

With the easing of some COVID-19 restrictions, including some park and outdoor recreation areas, we all are motivated to go outside and get some fresh air. The Sheriff's Office and the Snohomish County Volunteer Search and Rescue unit urges you to be responsible when you are at our parks and trails.

If you are going to be near the water at our rivers and lakes, remember that the water is cold at this time of year with water temperatures of around 50 degrees. If you fall in, you can go into shock in seconds and not be able to swim to safety. And remember to wear a life vest if you go out on the water in your boat or kayak.

If you are going out to our parks and trails:

Know before you go. Check the status of the place that you want to visit. If it is closed, don't go. If it is crowded, have a Plan B.

Practice physical distancing. Adventure only with your immediate household. Be prepared to cover your nose and mouth and give others space. If

you are sick, stay home.

Stay close to home. This is not the time to travel long distances to recreate. Most places are only open for day use.

Plan ahead. Prepare for facilities to be closed, pack a lunch and bring essentials like hand sanitizer and a face covering.

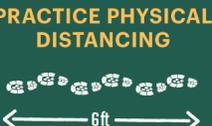
Play it safe. Slow down and choose lower-risk activities to reduce your risk of injury. Search and rescue operations and health care resources are both strained.

Leave no trace. Respect public lands and communities and take *all* your garbage with you.

For more information, go to-

<https://www.recreateresponsibly.org/>

#RecreateResponsibly

KNOW BEFORE YOU GO 	PLAN AHEAD 	STAY CLOSE TO HOME 
PRACTICE PHYSICAL DISTANCING 	PLAY IT SAFE 	LEAVE NO TRACE 

OFFICE OF NEIGHBORHOODS

MAKING OUR NEIGHBORHOODS SAFER

<https://www.snohomishcountywa.gov/311/Office-of-Neighborhoods>

Homeless Outreach-
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SHERIFF'S OFFICE CRIME PREVENTION WEB PAGE:
<http://www.snohomishcountywa.gov/289/Crime-Prevention>

NEWSLETTER INFO

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If you have questions regarding this newsletter or any articles that appear in it, please contact the editor at neighborhoodwatch@snoco.org



Snohomish County Sheriff's Office: 425-388-3845

<http://snohomishcountywa.gov/303/Anonymous-Tips>

Crime Stoppers of Puget Sound: 1-800-222-8477