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Are You Ready for Spring?

We don't know about you, but at WMS Aquatics, we're ready for Spring. The good news is the end of Winter is just around the corner. Even [Punxsutawney Phil](#), the world-famous predictor for arrival of warmer weather, agrees.

Here at WMS Aquatics, our year has gotten off to a fast start with new products, introduction of our latest AFO Certification Course, and a new catalog for 2011. Your copy of the new catalog will be mailed to you soon. We're just working on the final touches. In the meantime, you can always shop the latest products online at <http://www.wmsaquatics.com/>.

We hope your year is off to a great start as well. And as always, we are here to support your needs in whatever way we can. Reach us online anytime or give us a call today for immediate personal assistance. Please enjoy your February Edition of the Lifeline newsletter exclusively from WMS Aquatics.

You Don't Want to Miss Your Opportunity to Become AFO Certified

We are already taking reservations for our upcoming Aquatic Facility Operator (AFO) Certification Course scheduled for April 5th and 6th. This year's course will be held at the luxurious [Suncadia Resort](#), located just an hour east of Seattle from I-90. Registrations are filling up fast and space is limited, so don't wait to reserve your spot. Your registration includes one-night's lodging, breakfast, and lunch. [Click now for a copy of our brochure](#).



Along with the latest AFO Edition Manual, your registration also includes all pre-class materials, numerous handouts, certification exam, and a water balance calculator. Your instructor, Rich Young, has over 30 years experience in the public pool industry including holding positions as Director of Aquatics, Sales Consultant, and Mechanical Contractor. Rich has been teaching professional education courses for over 25 years and is currently the Managing Editor for the 6th Edition of the AFO Manual.

Plus, this year's course includes an extra bonus the evening of April 5th! WMS Aquatics will be hosting a roundtable discussion on the Model Aquatic Health Code. We'll provide the pizza and you'll get the benefit of a unique networking opportunity.

Call or email us today and reserve your spot for this year's AFO Certification Course, April 5th and 6th at the [Suncadia Resort!](#)



Monthly Product Showcase: AED's

Automatic external defibrillators (AED's) are life-saving devices that have found their way into many facilities in the last few years. During sudden cardiac arrest, time is critical. Without immediate treatment, many victims simply won't survive. With an AED and proper training,

you and your staff can be the difference between life and death.

For whatever reason, athletic facilities, including aquatic facilities, have been slow to adopt and embrace AED's. Some reasons cited are potential liabilities and costs. However, in many areas of the country laws are being passed that will create mandates for AED's to be available in all public facilities and private facilities open to the public, including membership facilities.

WMS Aquatics offers the Heartstart AED by OnSite. It's onboard CPR coaching is proven to aid the rescuer during resuscitation, and it's intuitive design and easy-to-follow instructions make it the easiest-to-operate and fastest-to-shock AED on the market. For more information and to order you Heartstart Onsite AED, [click now...](#)

[For a recent article on the importance of AED's in your facility, go here...](#)

Myrtha Pools Joins Forces with the Salvation Army



Myrtha Pools has been partnering with the Salvation Army to assist in their projects to create aquatic facilities designed to serve children and families through the Ray and Joan Kroc Corps Community Center program. The program started in 2003 by a donation from the late Joan Kroc, wife of McDonalds founder Ray Kroc. As a realization of the program, the Salvation Army has planned 31 facilities across the U.S.A. and Myrtha Technology continues to be favored for construction.

For the latest information on the newest Salvation Army Ray and Joan Kroc Community Centers, [click this link...](#)



Concussions and Swimming?

A significant amount of attention has been paid recently by media outlets on concerns related to head injuries and sports, particularly concussions. When most people think of concussions and sports, they often think of

football, or maybe hockey, or boxing. Most certainly don't think of swimming. After all, sports injuries related to swimming are actually far less common than in other sports. But when injuries in swimming do occur, it may surprise you to learn that concussions are at the top of the list.

However, it really isn't all that surprising. A slip and fall on the pool deck, in the locker room, or in the shower can easily cause a head injury. Also, considering all of the diving boards, starting blocks, and pool slides in a typical aquatic facility and the potential hazards they create, it is easy to understand how concussions can occur. Other causes can include hitting the edges and bottom of the pool itself, colliding with other swimmers in and out of the pool, and even some of the typical games played in pools, like water polo.

Concussions are one of the most common sports-related injuries. While many are not serious or life-threatening, they can be especially if not recognized properly or taken seriously. A concussion is a potentially serious injury that, if untreated or ignored, can lead to long-term damage and even death. As a facility operator, it is critical to understand how to prevent, recognize, and treat concussions.

The first and most important tool in preventing concussions and other injuries in your facility is basic education. Take the time to educate employees, clients, and parents of children using your facilities what concussions are, how to recognize them, and what to do if a concussion is suspected. Additionally, make them aware of your facility's expectations for dealing with concussions and for preventing them. Communicate your safety standards and rules clearly. Make sure they are enforced and taken seriously by those who utilize your facility as well as those who supervise others. Finally, take a look around your facility regularly to identify potential hazards that may cause head injuries to users and create strategies for improvements.

Being able to recognize a concussion when it happens is also very important. A victim of a concussion does not have to be rendered unconscious to have suffered a significant injury. In fact, a victim doesn't even have to receive a blow to the head to sustain a concussion. Of course, the most obvious cause of a concussion is a forceful blow to the head, but it may also result from a blow to the body which makes the head move rapidly. Both types of actions are indicators of a possible concussion.

The second easily recognized sign is a change in the behavior of the victim. Typical symptoms may include loss of consciousness, confusion, failure to understand the particulars of the moment, stumbling, or other cognitive failures. Victims may report headaches, nausea, vomiting, blurry or double vision, or sensitivity to light or noise. All of these symptoms and more can be temporary or can last up to several weeks or even longer. Some symptoms may not appear until later. Sometimes, athletes won't report their symptoms for fear of losing playing time or letting their coach or team down.

If you suspect a concussion has occurred, it is vital to be aware of the proper treatment for the victim. First and foremost, any victim of a concussion or suspected concussion must be removed from play immediately. Without proper attention, he or she may be at risk for even greater further injury. Proper evaluation by a qualified medical professional should be the routine treatment for any suspected concussion, as well as notification of parents if the victim is underage. Finally, you should always require permission from a medical professional for anyone confirmed to have suffered a concussion prior to allowing them to return to practice or competition.

Without proper care, long-term negative health effects can result from head injuries involving concussions. [For more information and to view a report on concussions and swimming by Pacific Northwest Swimming, click here...](#)