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Kalamunda*

KALAMUNDA

~
SWIMMING CENTRE



THE PLANNING AND BUILDING OF THE KALAMUNDA

OLYMPIC POOL

THE BYE-LAWS AND REGULATIONS COVERING THE POOL.
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Kalamunda

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Artificial Respiration

THIS BOOKLET WAS ORGANISED BY

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PLANNING THE POOL

The completion of the Kalamunda Swimming Centre marks another milestone in the progress of our district and fulfils a long felt want of the community. The provision of this Centre is the biggest single project ever undertaken by the Shire Council and was only made possible by the support of the ratepayers.

It is true that some facilities for swimming have been available in the district for many years but apart from the privately owned pools in and around Kalamunda these were mostly very primitive.

In the more rural areas many water holes, ostensibly developed for irrigation purposes, were patronised by local swimmers, and reports that sources of public water supplies were being used for swimming were not altogether without foundation. It is a fact that there has been more than one drowning fatality and several near tragedies through young people using unsafe places for swimming.

The need for safe and hygienic swimming facilities in the district has been recognised by the Shire Council for many years and considerable time in planning and investigational work has been devoted to this subject. In general the stumbling blocks have been lack of adequate and suitable water supplies and lack of necessary finance.

One proposal put forward was for a pool to be built at Midland Junction or Guildford for the use of the people in neighbouring areas and whereby the cost was to be shared by the several neighbouring local governing bodies. This was considered to be not adequate or suitable to the people of our district and was not supported. A local committee was formed about ten years ago

and quite a lot of information was collected about the few swimming pools then existing in the more inland areas. Very little information regarding costs was then available. Visits were paid to the Kelmscott area where a strong local effort eventually established a pool in that locality. We were interested to know that because of the facilities afforded to school swimming classes in that district the State Government of the day had made a substantial contribution to the cost of the pool, and our committee was encouraged by the thought that we too might receive some financial aid from the same source if it was decided to build a pool here. Attempts were made to enlist public subscriptions to start a fund for the purpose of building a pool but very little encouragement or support was forthcoming. Many people considered that Kalamunda was too close to the ocean and river beaches to warrant a pool of its own. In the absence of public support it was obvious that any attempt to raise a loan for a swimming pool would be doomed to failure.

The fact remained that anyone wishing to indulge in aquatic sport, and particularly those in the school swimming classes, had to travel outside the district for swimming accommodation. In more recent years there has been a definite change in outlook. Since the establishment of the Kalamunda High School hundreds of post primary school children travel



Best Wishes to the Organisers of the Kalamunda Pool

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EXCAVATING THE SITE

CONSTRUCTION DETAILS

The Swimming Centre was designed to meet a limited budget yet providing all the facilities of an olympic swimming pool.

Briefly the centre consists of:

- (a) An olympic length, eight lane swimming pool with a diving pool at one end which is widened to provide a 75' x 40' water polo field. The three diving towers (two one metre and one three metre) are placed to one side of the water polo field to give four clear lanes for swimming training.
- (b) A 40' x 35' Learners' Pool having a depth varying from 2'0" to 2'6".
- (c) A 35' x 15' Wading Pool with a water depth of 9".

The walls, topside and lanes of the pools are tiled, whilst the floor is finished with a chlorinated rubber based paint.

Considering that the area of the floors is in excess of a quarter of an acre, the difference in price between tiling and painting is several thousand pounds. Further, due to temperature movement when the pools are empty and the

fact that tiles on floors are seldom laid as carefully as on walls, considerable maintenance caused by loose tiles can be avoided by painting the floor.

The concourse is insitu concrete with a non-slip finish which gives a surface free from the maintenance usually encountered when slabs are used. Slabbed concourses are prone to settlement after heavy rain and to grass growing between the joints.

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The buildings were placed to provide an unobstructed view of the pools from the Kiosk and to facilitate ease of construction on the sloping site. The Kiosk building consists of an entrance hall, a kiosk open on three sides, an office, a first aid room and a store with provision for a cool room if required. The change rooms are under a well ventilated roof and each consists of a 33' x 23' room containing six showers, six toilets and approximately 60 ft. of seating.

The heart of any swimming centre is the water purification plant as the maintaining of good quality water under all loads is paramount.

The treatment consists of: —

- (a) Straining through a hair and lint strainer.
- (b) Co-agulation with aluminium sulphate solution.
- (c) Filtration through open rapid gravity sand filters.
- (d) pH correction with sodium carbonate solution.

(e) "Breakpoint" chlorination of the filtered water.

The water is turned over every eight hours and distributed to the pools by means of a central channel and returned to the balance tank via full flow scum gutters.

It is considered that the water distribution system is the best in use and that the filtration plant is the cheapest to operate and maintain.

The water used to clean the filters is reticulated to the grassed banks.

The pools are lit for night swimming by ten 400W, Mercury vapour lamps and the centre is enclosed by an eight foot high link mesh fence.

The whole Centre is aesthetically positioned amongst the trees and rock outcrops of the virgin bush.

J. K. BARON-HAY,
Consulting Engineer.

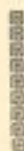


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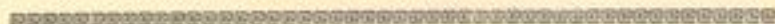
*Congratulations on the Opening of the Kalamunda
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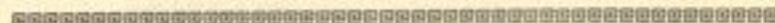
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PROGRESS AND THE POOL

The completion of an Olympic Swimming Pool in Kalamunda marks the acceptance and fulfilment of one great challenge and the issue of another. We all know of the persistent and unselfish efforts of the many (some since passed on) who accepted the challenge of promoting the pool and we are ever grateful for the spirit of unity of effort which has culminated in what will be a wonderful contribution to the healthy development of the youth of our district and hours of pleasure for many. I feel certain time will prove the wisdom of the Community's support for this project and that the efforts of all will not have been in vain. Now to the challenge ahead. It is one part of the problem to provide the necessary wherewithal, it is another to ensure that proper and best use is made of all facilities available and to this end I would send an urgent call for the support of the Kalamunda and Districts Swimming Club which has been formed in order to promote and direct the youth in the proper and healthy use of the pool. This club, I am sure, is well founded, but it will require the full support of the parents, youth and juniors of the whole of our District. This challenge I trust will be accepted by one and all and then from the Kalamunda swimming pool should grow the finest swimming club in the State. My congratulations to all who have been responsible for the existence of the pool and my very best wishes to all who may have occasion to use it, especially the youth and the Kalamunda and Districts Swimming Club. Good luck.

KEN DUNN, M.L.A.

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Kalamunda Districts'
Amateur Swimming Club

(CONTRIBUTED BY THE SECRETARY)

The first public meeting to form the Kalamunda Districts Amateur Swimming Club was held on the 18th November, 1963, when a steering committee was elected to formulate a suitable constitution. A good attendance of 41 interested persons left no doubt in anyone's mind that the local residents were keen to have a swimming club in Kalamunda District now that an Olympic Pool would be available.

There is a large number of children attending schools in the district and from their ranks we hope to obtain a lot of members, and of course their parents too. There is no age limit at all and other clubs in the Perth area have many children entering races and competitions at 6 years of age. It will not be possible for the club to compete, in the various inter-club meetings organised by the Western Australian Amateur Swimming Association, this season as time is too short but by the commencement of the 1964-65 season next October we should be able to have our members competing in most of the races from juvenile to senior events. There will also be events for those keen on diving and possibly a water polo team will develop in time so that the Kalamunda Districts Club can be represented in all forms of aquatic sport. In this district there are already several good swimmers at present travelling to other clubs and we hope that they will join the local club so that we can commence our activities with a group of keen swimmers whose

enthusiasm and skill would be an inspiration to the other members. This club is particularly fortunate in having a generous donation to our funds given by the Kalamunda Businessmens Association, without which we would not be able to purchase the many items of equipment necessary for organised participation in events run by the W.A.A.S.A. Our Patron K. W. Dunn, M.L.A. and various Vice Patrons have also given generously to help start this new swimming club, which has every chance of being a first-rate club from the very start and an asset to the community.

As time progresses we shall have to recruit many interested seniors and parents to act as officials at swim meets, so that carnivals and our own club events can be properly organised. The W.A.A.S.A. will teach us the duties of the various officials required at a swim meet, during the winter months and so we have every opportunity of commencing next season in a strong and well organised fashion from which success must emerge.

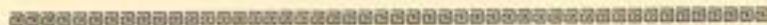
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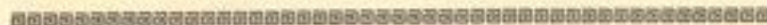


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LOCAL GOVERNMENT ACT, 1960

SHIRE OF KALAMUNDA BY-LAWS FOR THE MANAGEMENT OF THE KALAMUNDA SWIMMING CENTRE

- In these By-laws, subject to the context—
"Council" means the Kalamunda Shire Council.
"Manager" means the person appointed by the Council to control and manage the Pool.
"Pool" means the Kalamunda Swimming Centre and shall include any fencing, turnstiles, dressing rooms, shower recesses, spectators stands and/or seating, lavatories and any other structure erected for the use and convenience of persons using the Pool.
- Hours of Admission:** The Pool shall, from the month of October to the month of April, both inclusive, be open daily between the hours of 6 a.m. and 10 p.m. subject to closure for meals and other purposes as the Council may from time to time determine and such times shall be clearly indicated on a Notice Board at the entrance of the Pool.

3. **Costumes:** Every person using the Pool shall be dressed in a decent and suitable manner and any person who appears in public in such a condition, which, in the opinion of the Manager or other person for the time being in charge of the Pool, is offensive, then the Manager shall direct that he or she shall resume his or her ordinary clothes forthwith.

4. **Admission:** No person shall, without the express permission of the Council, or the Manager, enter the Pool save through the turnstile erected at the entrance for that purpose and upon payment of the prescribed admission charge.

5. **Charges for Admission:** The following shall be the sums paid for admission to the Pool premises:—

	s.	d.
For every person 15 years of age or over (including spectators)	2	0
For every person under the age of 15 years (including spectators)		9d.
Scholars of State and other registered primary and secondary schools, in parties of not less than 12, accompanied by a teacher (for this purpose the Pool shall be available between school hours on such days as the Council may from time to time determine)—each		6d.

6. **Control of Premises:** Every person using the Pool premises shall obey all reasonable directions of the Manager or other person for the time being in charge of the Pool with regard to such use.

No person shall obstruct, interfere with or hinder the Pool Manager in the performance of any duty in the Pool premises.

7. **Valuables:** Any person entering the Pool premises may deposit valuables with the Manager or other person for the time being in charge of the Pool, upon payment of the sum of sixpence (6d.) but under no circumstances will the Council accept any liability should such valuables or part of them be lost, stolen, damaged or destroyed whilst in the custody of the Manager.

8. **Lockers:** Persons using the Pool may hire a locker, upon payment of the sum of 3/- for each locker. Every person hiring a locker shall, when leaving the

Pool, return the key of such locker in good order and condition to the Manager or other person for the time being in charge of the Pool, and shall thereupon be entitled to a refund of the sum of 2/-. If the said key be not returned in manner and in the condition aforesaid, the said sum of 2/- shall be forfeited to the Council. Under no circumstances whatever shall any person use in the Pool any key other than one supplied by the Council, or use a key belonging to the Council without first paying on each occasion to the said Manager or other person the sum of 3/-.

9. **Offences:**

- (a) No person shall enter or remain in the Pool premises whilst in an intoxicated condition.
- (b) No person shall bring into the Pool premises any spirits or other intoxicating liquors.
- (c) No person shall use soap in any part of the Pool premises other than in the cleansing shower baths.
- (d) No person shall in any part of the Pool premises use any indecent, obscene or offensive language or behave in an indecent or offensive manner.
- (e) No person shall smoke in any part of the Pool premises where a Notice is exhibited prohibiting smoking.
- (f) No person shall climb up to or on any partition or roof or any other portion of the Pool premises.
- (g) No person shall in the dressing rooms or elsewhere in the Pool premises wastefully use the water or leave any taps running.
- (h) No person shall spit or expectorate in the Pool or on any platform or dressing rooms or commit any nuisance on or in any part of the Pool premises.
- (i) No person shall whilst in the Pool use any substance or preparation whereby the water in the Pool may be discoloured or rendered turbid or otherwise unfit for the proper use of bathers.
- (j) No person shall wilfully foul or pollute water in any shower bath or in the Pool, or wilfully soil, defile, damage, injure or destroy any dressing room, closet box or compartment or other part of the Pool premises, or any furniture or other article therein.

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cutaneous, infectious or contagious disease, or whilst in an unclean condition, enter or use, or attempt to enter or use the Pool premises or any part thereof.

10. Lost Property:

- (a) Every person finding in the Pool premises any article which may have been left or lost therein shall immediately deliver the same to the Manager or other person for the time being in charge of the Pool, who shall thereupon register a description of such article, and all particulars relating thereto in a book which shall be kept for that purpose, and any person claiming the said article and who satisfies the Manager or other person that he or she is the lawful owner of same, shall have such article returned upon signing for such article in the book before-mentioned.
- (b) The Manager or other person for the time being in charge of the Pool shall at least once in every week report to the Shire Clerk regarding lost property and produce the said book for inspection by the Shire Clerk.
- (c) The Council will not under any circumstances incur any liability in respect of articles lost or stolen from any persons whilst on the Pool premises.

11. Carnivals:

- (a) The person, club, association or organisation conducting any Carnival held at the Pool premises shall be responsible for the conduct of the competitors and spectators during such Carnival, and shall be bound to see that there is no overcrowding and that no damage is done to the buildings or fencing or any portions of the Pool premises.
- (b) At all swimming Carnivals held at the Pool premises, the competitors shall wear proper and approved bathing costumes.
- (c) Every person, club, association or organisation to whom the Pool premises are granted for the purpose of holding a swimming Carnival shall at least one week before the date of such Carnival forward to the Shire Clerk a copy of the programme

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of events to be competed for thereat: any item on such programme that the President or Shire Clerk do not approve of shall be struck out or so altered as directed.

12. Enforcement of By-laws:

- (a) Any person offending against any of the provisions of these By-laws shall on conviction be liable to a penalty not exceeding £20.
- (b) Every person who shall infringe any of the provisions of these By-laws may be summarily removed from the Pool premises and from every part thereof, by the Manager or other person for the time being in charge of the Pool, or may be arrested by such Manager or other person and given into the custody of a Police Constable.
- (c) The Manager or other person for the time being in charge of the Pool may refuse to admit to the Pool premises any person who shall have been convicted of wilfully disobeying or infringing any of the provisions of these By-laws, until such time as the Council may decide that such person shall be re-admitted.



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Swimming is one of the oldest sports known to man. Ever since the legendary Leander swam the Hellespont to woo the beautiful Hero, men have been increasingly aware of their own insufficiency in water.

In modern history the oldest known swimming club was founded three years before Napoleon was hailed as first Consul of France. 1796 was the year of the foundation of this club in Uppsala, Central Sweden, where the lakes are icebound three months of the year.

The biggest single filip to the sport was given some eighty years later when a brave Englishman, Captain Mathew Webb, tortuously frog-kicked across the English Channel unaided. This act was hailed as the greatest single human feat of history at the time. Yet in 1961, when that remarkable Argentine trojan Antonio Abertondo, on September 20th, 21st and 22nd (and that sounds good in itself) accomplished a "there and back" swim in the English Channel, it caused hardly a ripple in the press. Time, 43 hours 6 minutes—taking just under 19 hours in swimming to France and over a day to return! Besides having once swum 262 miles (Yes, that is no printer's error) down the Mississippi, he has swims of 62 and 69 hours to his credit.

So the place of swimming in the community has obviously come a long way from those gallant paddles of Leander in Ancient Greece, and more particularly amazing improvements have been achieved in speed swimming in the past few decades.

In this latest development Australia has played a major role, and West Australia a minor one.

Swimming was first organized in W.A. just prior to World War I. Out of this initial Association grew the Amateur Swimming Union of Australia (A.S.U. of A.) with Jack ("Barney") Sheedy, the famed West Australian Secretary-Treasurer for the first few decades.

*Best of Luck for the Kalamunda Swimming Pool*

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Ever since Freddy Lane ploughed down the River Seine in 1908 to win two gold medals for Australia at the Paris Olympiad, Australia has taken on the rest of the world in swimming and more often than not came out on top. Annette Kellerman, Frank Beaurepaire, Noel Ryan, Andrew ("Boy") Charlton, John Marshall, Lorraine Crapp, Murray Rose, Dawn Fraser and John Konrads all belong to the same tradition of great champions produced "Down Under."

It is well known that Perth has not had a first class swimming pool until the opening of the Beatty Park Aquatic Centre in November, 1962.

However, pre-war Dorothy Green, Evelyn de Lacy and a handsome blonde Hale schoolboy, Percy Oliver, all dominated Australian swimming. They found themselves with a good training centre in Crawley Baths and thrashed the rest of the country. The remarkable Percy Oliver in one year won every Australian freestyle championship event plus the backstroke, plus the individual medley! Not surprisingly, he also won the Barney Kieran Shield for interstate competition in 1939-40 by himself.

Swimming in Australia received a tremendous boost with the announcement that the 1956 Olympiad had been awarded to Melbourne, largely thanks to the efforts of the great Olympic champion, Frank Beaurepaire.

Three teenagers, Lorraine Crapp, Jon Henricks and Gary Chapman, had swept the Empire Games at Vancouver, Canada, in 1954. These three formed the nucleus of a magnificent Olympic team, which won gold medals for Australia. Together with Dawn Fraser, Sandra Morgan, Faith Leech, Murray Rose, David Theile, John Devitt and W.A.'s Kevin O'Halloran, they won a total of eight individual gold medals of the thirteen to be won.

Thus Kevin, a shy youth from Kojonup, who had confidence in himself where others did not, became the first West Australian to win an Olympic gold medal and hold a world record.

This modern era in Australian swimming has stretched with few exceptional lulls from 1956 till the present day. But until lately, W.A. has shared but a small part of this success.

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During this time though, registered swimmers with the W.A. Amateur Swimming Association, the parent body, has almost trebled. Particularly in the past two seasons since the Empire Games, membership has increased nearly 50 per cent. until it will be approaching 4,000 this current year. With heated metropolitan Olympic pools at Scaddan pine plantation, South Perth, Victoria Park, Claremont and Fremantle scheduled for completion within two years, the Association can expect a tremendous boost in membership by the time of the 1966 Commonwealth Games in Kingston, Jamaica.

Why has there been this tremendous upsurge in interest in swimming and its allied sports of water polo and diving in the past few years? Firstly, it is a sport that appeals to the young. In no other sport can school children hope to represent their country at Olympic Games and Commonwealth Games. Yet in swimming it is now the rule rather than the exception that those who pack their bags for overseas trips are school students. Nevertheless, these trips are not at the expense of passing school examinations. By the time he was 18 years old, John Konrads, Australia's most famous teenager, had passed the N.S.W. Matriculation examination with distinction, seen Europe and Japan, and won himself a scholarship to the University of Southern California.

Nor is Konrads the exception. Neville Hayes, Kevin Berry, David Hawkins, Garrick Agnew, John Davies, John Marshall and Tony Fingleton have all "swum their way around the world" and won themselves university scholarships at the same time.

With swimming trips to Tokio, Kingston and Mexico City in the offing in the next four years, the glamour of travel will continue to attract many teenagers. Nor does it stop there. Annual Australian championships for both juniors (under 16 years) and seniors, are held in Eastern States capital cities. This month a team of 15 teenagers packed their bags for the junior championships in Adelaide.

But the glamour of trips and glory are only a small part of the swimming success story. The attraction of the sport lies in its equality. From the purely financial angle it is one of the cheapest sports available. No specialised equipment at all is necessary. Secondly, it is a sport which

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depends less on "natural" ability and more on sheer hard work and an intelligent approach to training than perhaps any other. Top class swimmers come in all shapes and sizes. Both the short chunky Japanese and the tall lanky Americans have had remarkable success in international competition.

Swimming gives to each of its devotees a certain sameness in return; for no other sport so completely develops every muscle in the body than does swimming. Furthermore, in our way of life here in W.A. it has been increasingly recognized that each and every individual must at some stage in their life depend on their swimming for safety. Whether it is an interest in water skiing, fishing, yachting, spear-fishing, surfing or just plain lazing down the beach, swimming is an essential pre-requisite for water safety.

It is the recognition of this fact that has prompted the State Education Department to conduct two month-long "learn to swim" campaigns every summer. This year this venture helped 40,000 children free, and is undoubtedly the finest scheme of its type in the world. At its most basic level this magnificent pool at Kalamunda will help insure young lives for years to come.

Swimming also has its appeal in its diversity. Age is no bar to success in swimming. At the one extreme we have State championships for "under 8" year olds. Enough has been written about Australia's "water babies" to excuse the average sports follower believing that swimming is purely a young person's sport. But this is far from the truth.

Noel Ryan swam for Australia in 1924 Olympics. Yet this spry grandfather still swims competitively and in 1962 won the inaugural 3-mile championship of N.S.W.

"Toby" Regan may be well known as the father of the famous East Fremantle clan of footballers. Few remember the feat of grandfather "Toby" swimming from Fremantle to Rottnest Island a few years ago. Swimming then, is completely the family sport open to all age groups to enjoy and master.

Its diversity lies in the fact that it is the essential basic skill for so many other kindred sports. Water polo, surfing, spear-fishing, diving, water skiing, synchronised swimming and surfboard riding all demand a high proficiency of swimming skills.

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Many youngsters have started their sports careers as swimmers and later found outstanding success in some of these other kindred sports. For girls unable or unwilling to bear the strain for hard competitive training there are sports like synchronized swimming to turn to. This sport is relatively new to Perth, but a big upsurge in interest is expected as it is anticipated that this will become an Olympic sport within the next few years. It is a combination of "marching girls" and ballet, with the chance for girls to dress themselves in original costumes, join a team, and combines rhythm and grace to a high degree.

Diving is a sport which had a tremendous filip at the Commonwealth Games in 1962. With first class facilities and coaching available, young stars Robyn Bradshaw and Sue Sproule have captured Australian junior titles in successive years since. Miss Bradshaw may be one of the first W.A. schoolgirls ever to represent her country at an Olympics later this year at Tokio.

For those many boys who don't make the grade as State swimming team material there are many allied sports to be enjoyed. Regularly throughout the summer on Sunday afternoons, handicapped fields of anything up to 150 swimmers tackle races of up to three miles. This happy band of sportsmen vie with each other to gain line honours and fastest times. With prize lists long, and value of individual trophies up to £15 many have won fine mementoes to remind them of past victories.

Then for others water polo, the finest of team games, is a lifelong attraction. W.A. did not field a State team until 1954. Since then W.A. has been a major water polo power in the land, winning the title at Crawley Baths in 1959. They have supplied Alan Charleston and Tom Hoad for the 1960 Olympic team, and last year the entire State team was sent on a dream tour to Malaysia to get international experience. This is a sport that will boom following the recent upsurge in school pools building programme.

The old argument that Perth has the sea and the river has held up sport in W.A. long enough. Beatty Park, in its first year of operation, attracted over 900,000 paying patrons—and thus becomes the most used sporting facility in Australia, even topping such giants as the Melbourne Cricket Ground and Flemington Racecourse. This has prompted our local councils to realise the value of a heated

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swimming centre as an essential for any modern community. For the addition of perhaps 5 - 10 per cent. of the initial cost by providing heating equipment a pool's use can be increased by 50 per cent. Beatty Park, the first heated outdoor pool in Perth, has proved this.

In our climate the swimming pool will rapidly find its place as the social centre for the whole community. It will be the most used facility in Kalamunda during the long summer months I am sure.

Let us hope that your pool is not only the recreation centre for the whole community, but that it may become the breeding ground for some of Australia's Olympic champions that will win honours for themselves and glory for Kalamunda.



## ARTIFICIAL RESPIRATION

### EXPIRED AIR METHOD

#### MOUTH-TO-MOUTH

1. Quickly place the patient on his back. If the ground slopes, place the head a little higher than the feet. Without interrupting application of artificial respiration, any other persons present should be detailed to seek medical assistance.
2. Kneel or lie beside the patient's head.
3. Press down on the patient's forehead with one hand and raise the neck so as to tilt the head backwards as far as possible.
4. Lift the hand from the forehead and seal the patient's nose by squeezing the nostrils between the fingers. Press the wrist against the forehead to maintain backward tilt of the head.
5. Breathe in. Open the mouth wide and place the lips tightly over the patient's mouth. For children, cover both the nose and mouth.

6. In the case of an adult, breathe forcefully into the patient's mouth and watch the chest rise. If resistance to the operator's breath is felt with the head in the correctly extended position, it will be necessary for the operator to grasp the lower jaw between the thumb and forefinger and rotate it forward and upward. The jaw should then be held in this position to keep the mouth open.
7. Lift and turn the head away from the patient's mouth and listen for the sound of exhalation.
8. Breathe in and repeat the movements, continuing at a rate of 10 to 15 times a minute for adults and 20 times a minute for children.

**MOUTH-TO-NOSE**

Perform the sequences 1, 2, and 3 as in the Mouth-to-Mouth method.

4. Remove the hand from under the patient's neck and press the edge of the lower jaw with the finger to keep the mouth firmly closed.
5. Breathe in. Open the mouth wide and place the lips over the patient's nose without pressing against the nostrils. The nose of the operator should be pointed toward the far eye of the patient.
6. Breathe forcefully down the patient's nostrils.
7. Lift and turn the head away from the patient's nose and listen for exhalation, if this does not occur fairly rapidly, it will be necessary to open the patient's mouth after each breath.
8. Close the mouth, if necessary, and repeat the movements at a rate of 10 to 15 times per minute.

**Use of Expired Air Methods in Water.**

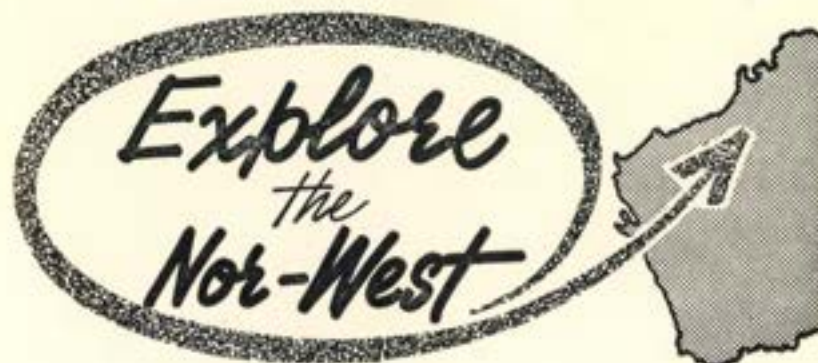
In the rescue of an unconscious patient in deep water, the rescuer should apply, if possible, the mouth-to-nose method to the patient while treading water. He should persist for about thirty seconds, or at least 4 inflations, then proceed to tow the patient to the shore. In a long tow, repeat inflations at intervals.

Where it is difficult to remove the patient from the water, the expired air method should be commenced in shallow water.

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