

Check out our Let's Chat Preparedness YouTube Series:



[https://youtube.com/playlist?list=PLkh7
vmwMfQcoGv-
Y1DpqCxPVM1Y_6ylyM&si=VGPCCKBsUF
Uz4-S6](https://youtube.com/playlist?list=PLkh7vmwMfQcoGv-Y1DpqCxPVM1Y_6ylyM&si=VGPCCKBsUFUz4-S6)

Initial OEM Planning

Prior to monthly videos: Reach out to intended partners

Edit, review and finalize scripts within OEM

Set Filming Dates and Schedule Locations

Communicate with Partners for Script Review

Develop Topic Video Script

Filming

Submit Service Requests for Monthly Videos

Review edits with the Video Team

Plan for Monthly Public Education Topics

Share Video Details Prior to Newsletter Deadline

Video Publicly Listed on YouTube

Finalize Video Details

Video Productions Team Meeting

Brainstorm and Collaborate with OEM Team

2023 Planning

Work through Video Edits

July – Water Safety

Audio	Video and Visuals
<i>Script of narrative, including the speaker.</i>	<i>Recommended or suggested shots/visuals that support the narrative.</i>
Hi I'm Carly thanks for joining me again to learn more in the Let's Chat series.	Carly shown on screen
Today let's chat about water safety and how to enjoy the waterfront when swimming or recreating.	Carly shown on screen
Kirkland has several great parks, beaches, and docks that you can enjoy year-round, that become especially popular in the summer.	Waterfronts parks / people doing water activities (Juanita beach, Waverly, Houghton)
While you are at the beach or near the water it's important to protect yourself against sun exposure. Find a shaded area to sit in, wear loose fitting, long sleeve clothes if possible and wear sunscreen, especially before getting in the water! Remember to reapply sunscreen throughout the day.	Visual footage of people wearing the mentioned clothing and applying sunscreen
<p>To be safe while swimming, here are a few actions to consider:</p> <ul style="list-style-type: none"> - Take the time before getting in the water to know the water temperature, be aware of the water depth, and where/how you'll exit the water. - Learn to swim by taking lessons BEFORE you jump in. - Be aware of your swimming limits, check in with yourself to make sure you have enough energy to stay in the water. - Consider wearing a lifejacket, a must for children! - Always watch kids near or in the water - Watch out for boats - Never swim alone - It's recommended to swim in designated areas with lifeguards. Remember, even if you're at an area with lifeguards, be sure to keep an eye on your kids! 	<p>PCS – Aquatics staff read</p> <p>Show tips on screen or at the bottom of the screen below b roll footage</p>
Even when temps are hot the water may still be cold. It can take the whole summer for the lake to warm up to a temperature that's comfortable enough to swim in.	Fire Dept – Water Rescue Team speaking
It takes less than a minute of being in cold water for your body to potentially start showing signs of hypothermia (a drop in body temperature)	Fire Dept – Water Rescue Team speaking

July – Water Safety

Think about taking frequent breaks from the water to rest, warm up, hydrate, and eat something nutritious.	People at parks (Juanita beach, Waverly, Houghton) hydrating, or eating
If you're on a boat, kayak, paddleboard or other watercraft, always have a personal floatation device (either a lifejacket or floatation buoy), have a buddy nearby, and make sure you stay alert when operating a watercraft.	Visuals of the mentioned watercrafts, and life jackets.
In the event that you fall off of watercraft, stay calm, call for help and do your best to keep your head above water.	Fire Dept – Water Rescue Team speaking
If you see someone struggling in the water, first alert a lifeguard (if present) and call 911. Kirkland Fire has a water rescue team trained to assist. Do not try to save someone by getting into the water. Instead yell for help, then reach or throw a floatation device to the struggling swimmer.	Fire Dept – Water Rescue Team speaking. Talking person shown on screen Footage of Water Rescue Training
We want you to take advantage of the waterfront opportunities around the City and remember these actions before you get to the water! Then you can safely enjoy your time around, in, or on the water this summer.	Carly shown on screen talking