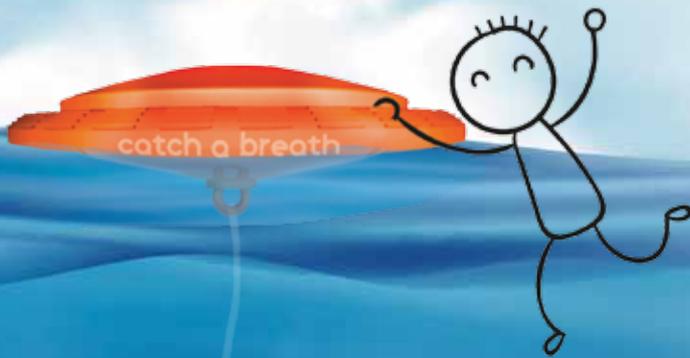


Greece ranks **5ⁿ** in fatal **drownings** in the European Union



our country
suffers from
this **pandemic**
for many years
now

SOSSimple!
catch a breath!

DROWNS IN GREECE

2017 → 357 drownings
2018 → 413 drownings
2019 → 402 drownings

protective equipment «**Float Buoy**»

swimmer's **safest** destination!

In kind sponsorship of Bodosakis Foundation, 12 Greek Municipalities installed **Catch a breath** prevention floats during the 2020 summer season, making their beaches safer & friendlier to swimmers!



* Ministry of Culture has approved the installation of the buoys for summer of 2021 at the Municipality of Elafonisos which is characterized as «archeological site».



The Municipality of Alimos, a part of the Greek Riviera, that includes beautiful and crystal clear beaches, each summer is flooded with residents and visitors who wish to enjoy their summer baths. However, we were always occupied and concerned about the safety of swimmers, since our country ranks in the worst positions with respect to the drowning frequency. The installation of the floating swim platforms "Catch a breath" at the First and Second Salt Meadow of Alimos, following their receipt as a donation from the Bodosakis Foundation and Water Salvation, was extremely helpful. Our swimmers and especially the elderly, commented on the installation of the platforms with enthusiasm because, as they claimed, they now have a safety island in the water where they can rest for a few minutes each time they feel tired or do not feel well. Safety is a right for all in sea as well!

Andreas Kondylis, Mayor of Alimos



I would like to let you know that the floating swim platforms installed in Kalamata made a good impression to the swimmers. They boosted their self-confidence by establishing a sense of safety. Also, as lifeguards we noticed that the swimmers used them often. Generally, we believe that it is an extremely useful product and we would like to thank Water Salvation and the Bodosakis Foundation for their offer!

Michalios Georgios
Aquarescue, Kalamata



Generally, the floating swim platforms are useful and necessary for the beaches. Based on my experience, I saw that swimmers use them to catch a breath, especially, the elderly who are used to swimming in the open sea, instead of swimming parallel to the shore. That's why in Chios we installed one of the floating swim platforms at a 70 meter distance from shore. I have 3 incidents in mind that I would like to share with you:

26 August 2020 - Beach of Agia Fotini, Chios: At 9:45 in the morning, approximately 15 minutes before the shift of the lifeguard Spyros Seitanidis from the Panhellenic Lifeguard School starts, a woman, 55 years old, got a cramp while swimming at a 100 meter distance from the shore. The woman managed to reach the floating swim platform, held on it for about 15 minutes until the lifeguard arrived to do his shift and noticed her. If it wasn't for the floating swim platform, she would have probably lost her life.

26 September 2020 - Beach of Agia Paraskevi, Chios: Approximately at 19:40 at a beach, where there was Lifeguard who was off-shift, a migrant swimmer, who swam and panicked as he was far way from the shore and was not a good swimmer, was detected. He managed to hold on the floating swim platform until I personally noticed him, while I accidentally was crossing by the beach.

Congratulations for this useful tool, support, for the breath, the piece of "land" that floats in the water and may save one, even two human lives."

Stelios Tsalikis, Panhellenic Lifeguard School

SOSimple! catch a breath!

It's so simple!

The safety precaution for air or car travelers is the use of seat belts.
For sea swimmers, it is **the floating swim platform!**

It is a protective equipment, especially designed for sea waves with anti-slip hand-grips, that makes it possible for the swimmer to hold onto it with one or both hands and therefore rest upon it or call for help. In case of emergency, it provides the swimmer with sufficient lifting power.

The device has adequate durability, good sealing and great floatability, it is simple and is found good to use. Its buoyancy, when used, depends on whether its anchorage chain or rope are stretched.



The thickness of its chain shall be 8mm and it should be vertical and stretched. When rope is used, it should be of equivalent durability (breakage limit = 13.9 kN or 1.42 tons) and it must be vertical and stretched. The minimum required weight, in order to not shift is 20 kilograms. There could be used two pavement plates, the weight of each is 12.5 kilograms and total weight of $2 \times 12.5 = 25$ kilograms. In this way, the weight requirements are overlapped.

The aforesaid pavement plates are easy to retrieve and due to their large surface show increased resistance to underwater displacement. Furthermore, they can be easily attached to each other with the anchorage rope or chain, using a ring.

It is of great service to the swimmer and makes the difference in drowning incidents!

Signs should be placed on the shore informing the swimmers not to confuse them with regular buoys.



KALAMATA, GREECE



enquiries about **Catch a Breath**

In what situations can the Float Buoy be useful?

The Float Buoy is useful both in situations when the human body is affected (heat strokes, cramps, tiredness, dizziness, feeling unwell or pathological causes) and in cases of natural phenomena which make swimming hard (waves, sea currents, air, rough sea etc.).

On which beaches is the Float Buoy necessary?

According to the "4W Model of Drawing" (Avramidis, 2009) a drowning incident can occur anytime, anywhere and to anyone, so the Swim Float may be useful on any Greek beach. Nevertheless, its use would be extremely useful on "dangerous" beaches with features such as special terrain characteristics, open to the sea, sea currents, record of drownings and / or a large number of visitors and of course, beaches which are not supervised by a lifeguard.

What purpose does the Bathers' Rest "Catch a Breath" Float Buoy serve?

The Float Buoy provides rest to bathers, a sense of safety against tiredness, a safety spot for swimmers feeling tiredness, distress or unwell, giving them the opportunity to rest until they feel better. At the same time, on beaches which are guarded by lifeguards, it gives the Lifeguard time until they intervene.

How is it different than a Marker Buoy?

It is a piece of protective equipment, specially designed in order to endure sea waves, with anti slip grips which make it easier for bathers to hold on to it with either one or both hands and rest. It provides adequate buoyancy to assist bathers in cases of emergency.



Who certifies the suitability and effectiveness of the "Catch a Breath" Float Buoy?

The Float Buoy is manufactured by the plastic product industry «BAKOPLAST» and its suitability for use is checked on the basis of the report «Manufacturer's Certificate of Conformity» issued by the technical office of Mr. K. p, Vryonis, Marine Engineer, graduate from the School of Naval Architecture and Marine Engineering of the National Technical University of Athens and the School of Civil engineering of the National Technical University of Athens. The pilot program took place in Municipality of Alimos' beaches with great success!

How many Beauforts can the Float Buoy withstand without being displaced?

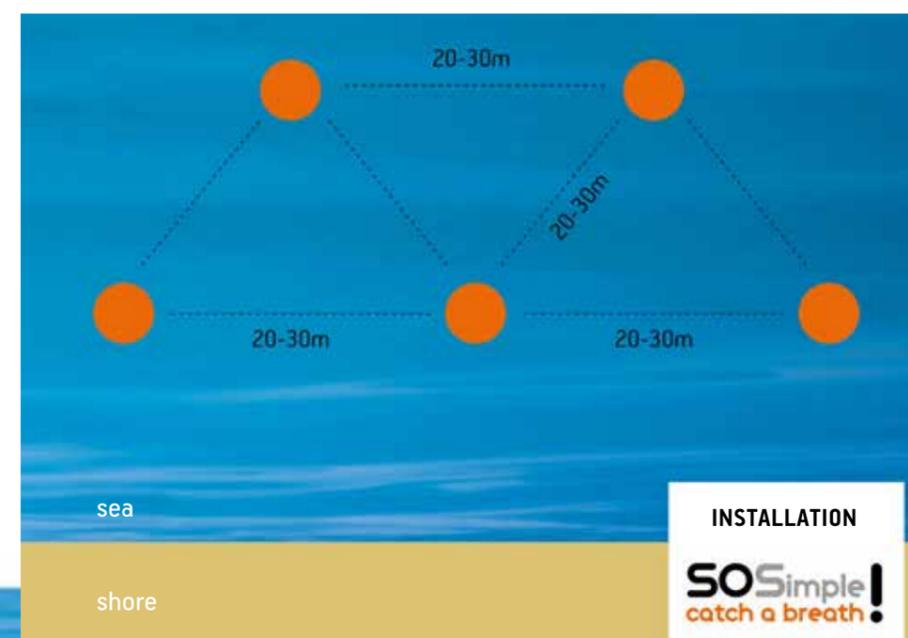
The inspection of the floating device showed that can withstand conditions of up to 8 Beauforts.

What is the Float Buoy's lifespan?

The minimum lifespan of the «Catch a Breath» Float Buoy is five (5) years and much longer, subject to proper use and a simple maintenance / storage during the winter period.

How many Float Buoys should be installed to make the swimming area safe?

That depends on many factors (dangerousness of the sea due to waves, currents, morphology of the bottom and the shore etc.). Installing Float Buoys every 20-30 meters about 10 meters offshore from the beach could provide great additional safety.



CALCULATION OF THE FLOAT BUOY'S VOLUME AND BUOYANCY

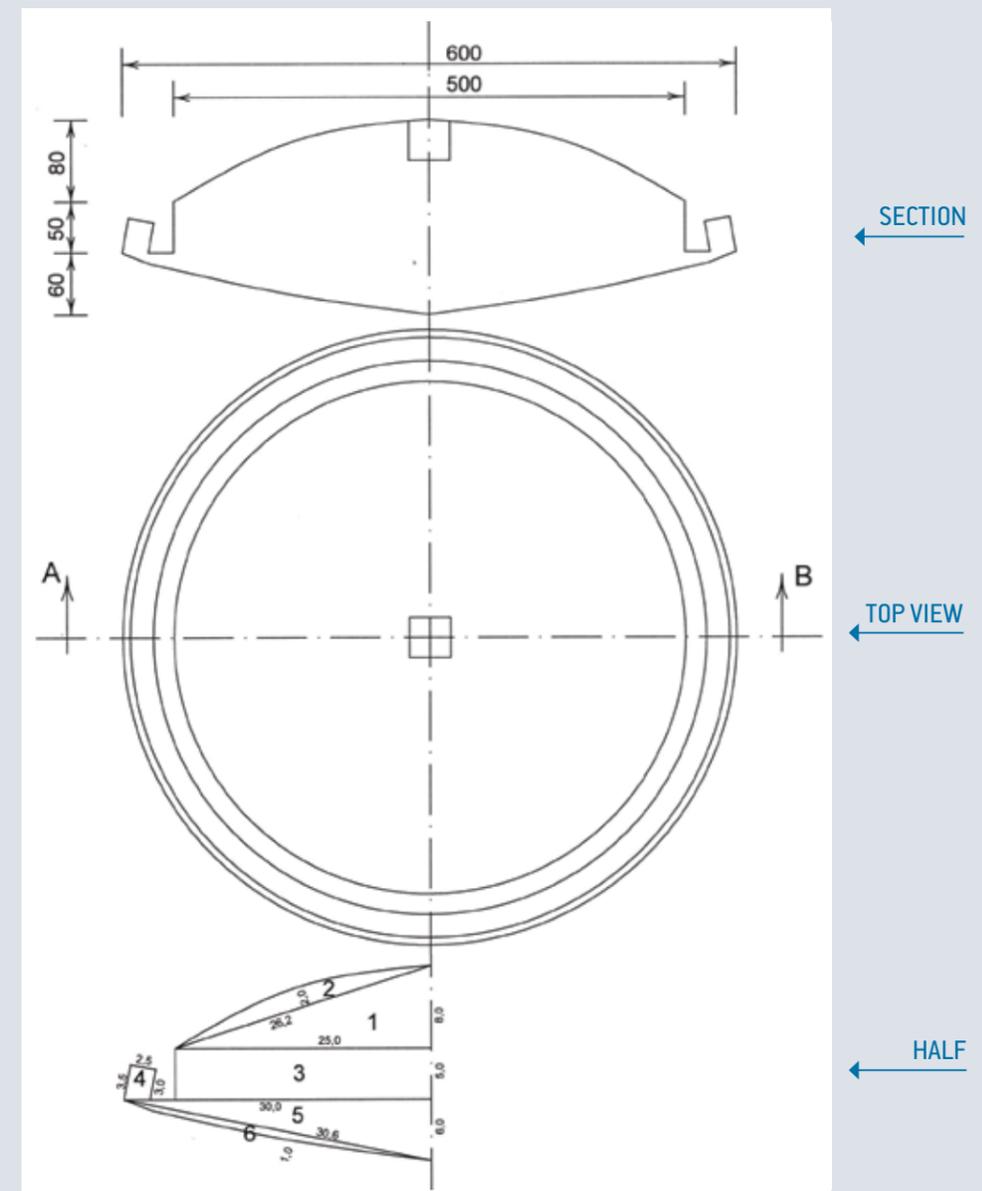
The shape of the Float Buoy is formed by rotating its section around its vertical axis. The section is divided into six (6) parts, as shown in the design.

The buoyancy is determined at 26.279 kg and is calculating by multiplying the volume of the device by 1.025 that is the specific weight of sea water. Subtracting the weight of the device, that is 2.5 kg and the unit weight of the anchorage chain, which is also estimated at 2.5 kg, the net buoyancy is determined at 21.3 kg which is sufficient for one person.

Section	Length (cm)	Height (cm)	Coef-ficient	Surface (cm ²)	Distance from the center of the surface (cm)	Volume (λίτρα)	Buoyancy (kg)
1	25,0	8,0	0,5	100	8,3	5,212	5,342
2	26,2	2,0	0,5	26,2	12,7	2,090	2,142
3	25,0	5,0	1	125	12,5	9,813	10,058
4	2,5	3,2	1	8	28,3	1,422	1,458
5	30	6	0,5	90	10	5,652	5,793
6	30,6	1,0	0,5	15,3	15,1	1,450	1,486
TOTAL				364,5		25,639	26,279

The floating device could, with the above buoyance, also serve two persons. In this case it ensures proper floatability, even if the anchorage chain is loose. It is necessary to perform regular inspections to the anchorage rope or chain, in order to assess their state and the spots at which they are attached to the floating device and the ballast. Periodical checks should be performed on the device, to spot cracks.

BUOY'S DESIGN



2021

about us

“Water Salvation and more” civil non-profit company was founded in October 2017 spurred on by the major public health problem in Greece due to injuries at sea, which ranks it high in the list of European countries in marine casualties.

“Water Salvation and more” aims to reduce drowning incidents and enhance the sense of safety of swimmers in the coastal areas of Greece, while its top priority is prevention and timely decision-making.

To achieve this goal, the company makes use of its logistics and management infrastructure, the experience and know-how of its contracting members, while it cooperates with Municipalities and competent bodies, supports efforts and actions aiming at preventing accidents at sea & organizes activities with a view to informing and raising public awareness.

Sponsor:

BODOSSAKI
FOUNDATION



Club Member:

