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ARE YOU REALLY, REALLY
SUPERVISING?

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**ACTIVE SUPERVISION
SAVES LIVES!**

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Be Pool Safe

bepoolsafe.com.au

ALWAYS SUPERVISE YOUR CHILD WITHIN ARM'S REACH

Active supervision means focusing all of your attention on your children all of the time, when they are in, on or around the water. Supervision is not an occasional glance while you are busy with other activities. It is being in constant visual contact with your child.

Active supervision has four key components:

- ✔ **Be Prepared** – Always make sure you have everything ready when going swimming e.g. towels, dry clothes etc.
- ✔ **Be Close** – Always be within arm's reach of your child.
- ✔ **All Of Your Attention** – Focus all of your attention on your child and watch, talk and play with them when they are in the water.
- ✔ **All Of The Time** – You should never leave your child alone in the water, nor should they be left in the care of an older child.
- ✔ **Take your child with you.**
If you leave the swimming pool area.
- ✔ **Setting up rules and boundaries** for children are essential to their safety.

CONTACT YOUR LOCAL COUNCIL OR VISIT:

hay.nsw.gov.au

swimmingpoolregister.nsw.gov.au



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WHY DO CHILDREN **DROWN** IN SWIMMING POOLS?

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**CLOSE THE GATE EVERY,
EVERY TIME!**

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DROWNING HAPPENS QUICKLY AND SILENTLY

Childhood drowning is a silent event as children do not usually cry out for help.

A drowning child may not cough or splash.

A child swallows water, sinks and loses consciousness in less than 20 seconds.

PARENTS AND CARERS

- Always actively supervise – always.
- Always be prepared.
- Never let older children supervise.
- Learn CPR.
- Don't be distracted.

Remember:

- ✓ **Young children are attracted to water.**
- ✓ **Remove toys** left floating in the pool.
- ✓ **A young child is not able to understand the concept of danger.** They have difficulty in understanding that water could cause harm.
- ✓ **Children do not understand the consequences of falling into water.**
- ✓ **Young children who have basic swimming skills are not water safe or 'drownproof'.** They may panic or forget their swimming skills in an emergency or unfamiliar environment.
- ✓ **Fix gates and latches** to ensure self-closing and self-latching.

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CHECK YOUR FENCE & GATE TODAY
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CHECK IT
FIX IT
WATCH IT
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 **Be Pool Safe** 
bepoolsafe.com.au

IN THE LAST FIVE YEARS OVER 150 AUSTRALIAN CHILDREN UNDER THE AGE OF FIVE DROWNED.

Drowning deaths are preventable, it is the 75% that occur in home swimming pools where your immediate action can make a difference. Home pool fencing and active supervision can reduce these tragic drowning deaths to zero. Royal Life Saving is targeting every home pool owner with a basic reminder to check, fix and maintain their home pool and surrounds this summer in order to eliminate child drowning.

SWIMMING POOL GATE:

- ✓ **Must open outward from pool**
- ✓ **Must be self closing and self latching**
- ✓ **Must latch shut on the first swing**
- ✓ **Latch must be more than 1.5m from the ground**

SWIMMING POOL FENCE:

- ✓ **Secure and in good working order**
- ✓ **Should be at least 1.2m high**
- ✓ **No more than 100mm off the ground**
- ✓ **No vertical gaps more than 100mm apart**

AROUND THE SWIMMING POOL FENCE:

- ✓ **Pool aids and toys should be stored securely and out of view**
- ✓ **Objects that could be used to climb the fence should be removed from the area**

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swimmingpoolregister.nsw.gov.au



YOU CAN'T DROWNPROOF A CHILD



**DEVELOPING SKILLS AND
CONFIDENCE TAKES TIME**

BUILDING FAMILIARITY AND CONFIDENCE

Water awareness combines a range of strategies and activities designed to keep your child safe when in, on, or around water. These include water familiarisation, checking for and removing water hazards, setting rules around water and discussing water safety with your child.

Water familiarisation classes should focus on the gradual introduction of very basic skills like moving in the water, getting the face wet and blowing bubbles. It is all about developing confidence. From five years children are suitable for learn to swim classes. These programs will extend the basic skills into recognisable swimming strokes.

Remember:

- ✔ Use bath time as a time for water awareness.
- ✔ Create rules for children when they go near the swimming pool.
- ✔ Discuss hazards and risks at new locations and set rules.
- ✔ Allocate a designated supervisor whenever children are in the pool area.
- ✔ Always enforce rules.
- ✔ Visit your local pool to find out how to participate in water familiarisation classes.

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NO CPR CHART? YOU'RE BREAKING THE LAW!




EVERYONE CAN BE A LIFESAVER

Royal Life Saving
POOL AND BEACH SAFETY EDUCATION

A GUIDE TO CPR

KEEP WATCH

WWW.KEEPWATCH.COM.AU

- YOUNG CHILDREN SHOULD BE SUPERVISED WHEN USING THIS SWIMMING POOL.
- POOL GATES ARE TO BE KEPT CLOSED AT ALL TIMES.
- KEEP ARTICLES, OBJECTS AND STRUCTURES AT LEAST 900 MILLIMETRES CLEAR OF THE POOL FENCE AT ALL TIMES.

ANGER

CHECK FOR DANGER
TO SELF / TO BYSTANDERS / TO CASUALTY / REMOVE HAZARDS

ESPONSE

CHECK FOR RESPONSE
CAN YOU HEAR ME / OPEN YOUR EYES / WHAT'S YOUR NAME
SQUEEZE MY HAND / PLEASE LET GO

SEND

SEND FOR HELP
CALL OR ASK A BYSTANDER TO PHONE '000'

AIRWAY

OPEN AIRWAY
CHECK AND CLEAR / POSITION CASUALTY ON BACK
SUPPORT HEAD, TILT SLIGHTLY, CHECK AND CLEAR MOUTH

BREATHING

BREATHING NORMALLY?
YES, PLACE IN RECOVERY POSITION / NO, COMMENCE CPR

CPR

COMMENCE CPR / 30:2

GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 RESCUE BREATHS

LOCATE COMPRESSION POINT
FIND THE CENTRE OF THE CHEST.
PLACE THE HEEL OF YOUR HAND ON THE COMPRESSION POINT WITH THE FINGERS PARALLEL TO THE RIBS AND SLIGHTLY RAISED.
PLACE YOUR OTHER HAND ON TOP OF THE FIRST.



CHEST COMPRESSIONS
COMPRESS TO APPROX 1/3 OF DEPTH OF CHEST.
30 COMPRESSIONS AT A RATE OF 100 PER MINUTE.



RESCUE BREATHS
SUPPORT HEAD AND JAW.
A SLIGHT HEAD TILT MAY BE NECESSARY TO OPEN THE AIRWAY.
DELIVER 2 BREATHS ALLOWING 1 SECOND PER INHALATION.



RECOVERY POSITION
IF NORMAL BREATHING RETURNS, POSITION CASUALTY ON SIDE.
ENSURE THE AIRWAY REMAINS CLEAR.



IF UNWILLING / UNABLE TO PERFORM RESCUE BREATHS CONTINUE CHEST COMPRESSIONS.

FOR INFANTS (BIRTH - 1 YEAR): DO NOT TILT HEAD, COVER BOTH NOSE AND MOUTH FOR RESCUE BREATHS. USE 2 FINGERS TO COMPRESS CHEST 1/3 OF DEPTH.

DEFIBRILLATION

ATTACH DEFIBRILLATOR (AED) AS SOON AS AVAILABLE
FOLLOW AED PROMPTS / CONTINUE CPR UNTIL SIGNS OF NORMAL BREATHING AND RESPONSIVENESS RETURN



THE INFORMATION CONTAINED IN THIS POSTER IS RECOMMENDED FOR AQUATIC RELATED EMERGENCIES, IT IS NO SUBSTITUTE FOR FORMAL INSTRUCTION.
ENROL IN A CPR COURSE AND UPDATE YOUR SKILLS ANNUALLY. © RLSSA 2012

FOR MORE INFO CALL:
1300 737 763

WHY SHOULD I LEARN RESUSCITATION (CPR)?

CPR is a skill for life. In most cases when an emergency occurs, a family member is the first on the scene. In fact, many children are alive today because their parents knew how to perform CPR and responded quickly.

Having the skills to react in an emergency situation can mean the difference between life and death while you wait for emergency care to arrive.

To purchase a CPR Chart contact your local council or Royal Life Saving on **02 9634 3700**.

TO LEARN CPR

Royal Life Saving is one organisation that offers CPR courses to the public. Contact Royal Life Saving today for course locations.

CPR CHECKLIST:

- ✓ **DANGER** – check for danger to self, to bystanders and to the casualty.
- ✓ **RESPONSE** – check for response. Shout can you hear me, open your eyes, what's your name, squeeze my hands.
- ✓ **SEND** – send for help. Phone 000.
- ✓ **AIRWAY** – check, clear and maintain airway.
- ✓ **BREATHING** – look, listen and feel for breathing.
- ✓ **CPR** – give 30 compressions followed by 2 rescue breaths.
- ✓ **DEFIBRILLATION** – if available use a defibrillator and follow the prompts.

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