



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:











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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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:

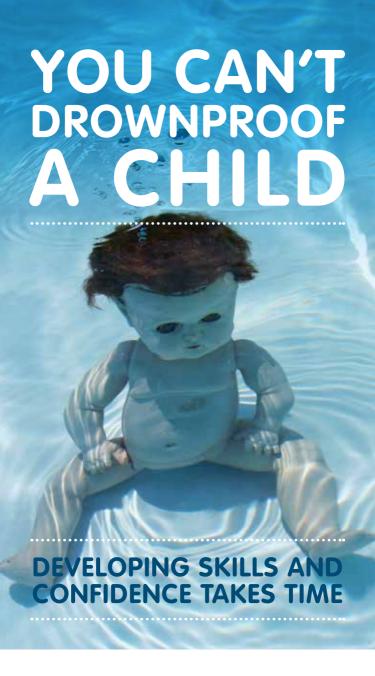
- Pool aids and toys should be stored securely and out of view
- Objects that could be used to climb the fence should be removed from the area

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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!





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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