



water safety 
in your
community



One word, **Delfin**

••• supervise children whenever they are near water

Supervision means that a child is ALWAYS being watched by an adult within arm's reach. Teaching children to swim can also prevent drownings, however swimming lessons and floaties are no substitute for adult supervision.

Older children should not be left to supervise younger children, even if they are siblings. This is because children and even teenagers may not have the ability to recognise when someone is in trouble nor have the skills to respond appropriately to an emergency situation. It is also unfair for them to be put in this position.

REMEMBER: young children can drown very quickly and very quietly, even in very shallow water.



water features

Water features may be fountains, ponds or small bodies of open water. Children are attracted to any body of water, as they enjoy exploring the unknown but do not have the knowledge of its hidden dangers.

It is recommended that you drain water features in your home or garden until children are old enough to understand the dangers associated with drowning. If draining the water feature is not an option then:

- Install rigid, metal mesh on top of the feature that is securely fixed at the edges. The mesh should be able to hold the weight of a child.
- Ensure that the mesh gaps are small enough so as to prevent a child coming in contact with the water.
- Check for metal deterioration regularly.

lakes, rivers and creeks

Lakes, rivers and creeks are uncontrolled natural environments where water conditions can change rapidly. Water that may have been calm an hour ago can quickly become dangerous as weather conditions change.

Submerged objects like branches and rocks can also add to the risk of drowning. Always enter water slowly, don't dive in. Also, be careful around the edges of lakes as their banks may crumble under the weight of a person and cause them to fall in.



swimming pools

Pool fencing is a requirement in all Australian states and should conform to Australian Standards.

- The gate to the pool must be both self-closing and self-latching and should never be propped open.
- Clear the area around the pool so that children do not use outdoor furniture or trees to climb over the pool fence.
- Remove floating pool toys after use as children may be tempted to reach for them.
- Be careful during the colder months, especially if pool maintenance falls off your agenda. The water may become murky making it harder to see children if they fall into the pool.
- If you own a small wading pool, make sure you empty it after use.

You must remain vigilant when visiting public swimming pools or patrolled beaches. Many people believe that the responsibility for supervising children lies with lifesavers. However this is not the case and children should always be watched by a responsible carer, no matter where they are swimming.



landscaped stormwater parklands (dry and wet)

Many suburbs have specially designed, landscaped parklands that act to filter stormwater when it rains. These are called swales. Children should always be supervised when playing in swale areas even when the weather is fine. Swales can fill with stormwater in a matter of minutes, even if it's raining in an area close by. Children should never play in a swale that has water in it.



prevention is the key

Teach your family about being safe in and around the water:

- Always swim with another person.
- Always swim between the flags at the beach.
- Always listen to the lifeguards.
- The better you swim, the more fun you can have, so start taking lessons today.
- Install a resuscitation chart next to your swimming pool - it's required by law.
- Enrol in a First Aid Course to learn resuscitation.

If you are in trouble in the water:

- Stay calm.
- Float on your back.
- Signal for help by waving one arm.

what to do in an emergency

If you see someone in trouble in the water, call for help.

Do not attempt to rescue someone if you are not a strong swimmer - CALL 000.

If the person is unconscious, lay them on their side and CALL 000.

Start resuscitation.

emergency numbers

Ambulance	000
Fire	000
Police	000
From mobile phone	112
Poisons Information	131 126

CPR

Cardiopulmonary Resuscitation

- D** Check for DANGER - ensure scene is safe.
- R** Check for RESPONSE
- A** No response, open and clear AIRWAY.
- B** Check BREATHING. Not breathing, call 000, give two initial breaths, check for signs of life.
- C** No signs of life, perform CPR. 30 compressions and two breaths.

Continue CPR until qualified personnel arrive or signs of life return.



All information was prepared by Kidsafe New South Wales. For further information please contact Kidsafe on 9845 0890 or visit www.kidsafensw.org

Ropes Crossing Sales and Information Centre
Nelsons Ridge Sales and Information Centre
The New Rouse Hill Sales and Information Centre
Forde Sales and Information Centre
Bingara Gorge, Wilton Sales and Information Centre

ph: 1800 182 211
ph: 1800 635 766
ph: 1800 200 902
ph: 1800 833 233
ph: 02 4630 0300



All information contained in this sheet was derived from various sources and was correct at time of printing. All information is provided in good faith and is advisory only. Printed on recycled and elemental chlorine free paper. November 2006.

One word, **Delfin**