

SUPERVISION

- Supervise young children at all times when they are in or around the water.
- Always stay within arm's reach if your child is under 5.
- Designate an adult to be responsible for supervising children near water.
- Use a system such as a hat or armband to identify the supervising adult.
- Children of school age should be taught about water safety and how to swim.
- It is recommended that younger children should also be taught water skills, however this does not replace adult supervision.



Safety tips for keeping kids safe

- Always supervise children when they are in or around the water.
- Read and obey all safety signs.
- Check for hazards in any new environments.
- Adults should have current first aid training. Training is available from:
 - St Johns Ambulance
 - Royal Life Saving
 - Australian Red Cross
 - other registered first aid training organisations.

For more information you can also visit:

mynrma.com.au
royallifesaving.com.au
kidshealth.schn.health.nsw.gov.au
watersafety.nsw.gov.au
spasa.org.au

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KIDS IN & AROUND WATER

Tips to help keep kids safe in and around water

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WATER SAFETY

In Australia we have access to a wonderful variety of water environments for our recreational activities. These include the ocean, rivers, lakes, creeks, pools and spas.

These environments, however, can be dangerous to children. Tragically, children represent the most vulnerable group in relation to drowning, particularly those under 5 years of age.

Most water-related accidents can be avoided by following a few simple safety tips.

IN AND AROUND PUBLIC POOLS & SPAS

-  All gates to swimming pool areas should always be kept closed.
-  Keep older children in sight at all times. Public pool areas can be very busy. Younger children should be within arm's reach.
-  Be aware toys and other floating devices can obscure your view.
-  If you leave the pool or water area, even for a moment, take the children with you.
-  Always check the temperature of the spa before children get in.
-  Children should not put their head under the water in a spa as this could increase the risk of entrapment in the suction outlets.
-  Tie your child's hair back in pools and spas to avoid entrapment.

ON RIVERS AND LAKES

-  Be careful not to stand on an overhanging bank.
-  Check the current before letting children enter the water.
-  Do not let children dive into a river or a lake.
-  Enter cold water slowly.
-  Avoid swimming near boat ramps or in boating areas.

FISHING AND BOATING

-  Always choose a safe spot for children to fish.
-  Ensure children wear appropriate clothing and footwear.
-  Check that any fishing equipment is suitable for the child's age and size.
-  If children are in a boat ensure they wear a lifejacket at all times.
-  Lifejackets should be fastened correctly and be appropriate for the child's size and weight.
-  The lifejacket should keep the child's head above the water and the child's chin or ears should not slip through the neck of the lifejacket.
-  Give children appropriate tasks on boats to get them involved and teach them skills.
-  Set safety rules for children on and around boats.

CAMPING OR CARAVANNING

Many camp grounds are located near natural bodies of water such as lakes, rivers and creeks.

Campgrounds may even feature man-made swimming pools and water parks. However, even a little water can pose a safety hazard.

-  Set the campsite or caravan as far away from the water as possible.
-  Ensure there is adult supervision. Resist the temptation to allow children to run freely.
-  Check water conditions regularly as these can change quickly, particularly after rain.

AT THE BEACH

-  Always swim with children at a beach supervised by lifeguards or patrolled by lifesavers.
-  Swim between the red and yellow flags. They mark the safest areas to swim.
-  If you are unsure of conditions, ask a lifesaver before letting children in the water.
-  Keep an eye on the weather, waves and currents.
-  Take children to the rock pool to swim, paddle or just explore. Rock pools provide an enclosed, shallow area away from the surf.