# Water Safety in the Community

Spending time around water is a big part of life in Australia

These are some of the places you and your children might swim

- 💧 Although swimming is usually a fun and safe activity, in Australia many children drown each year.

- 💧 Children can drown in one minute and in very small amounts of water.

- 💧 You can keep your children safe around water by following this advice.

Adults must watch around all water
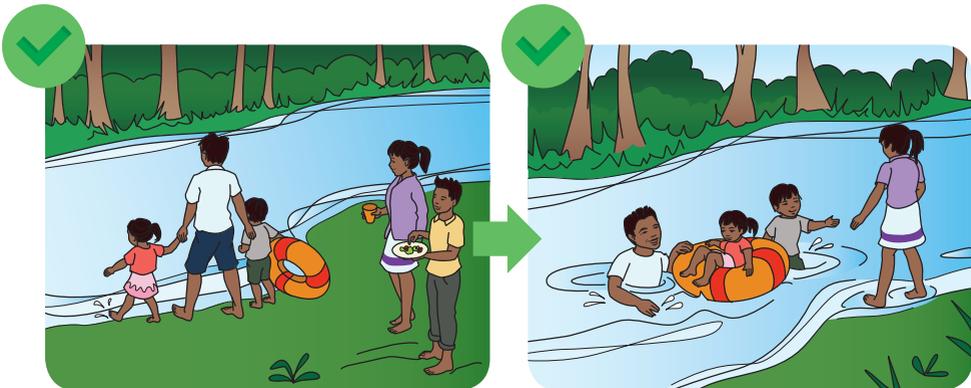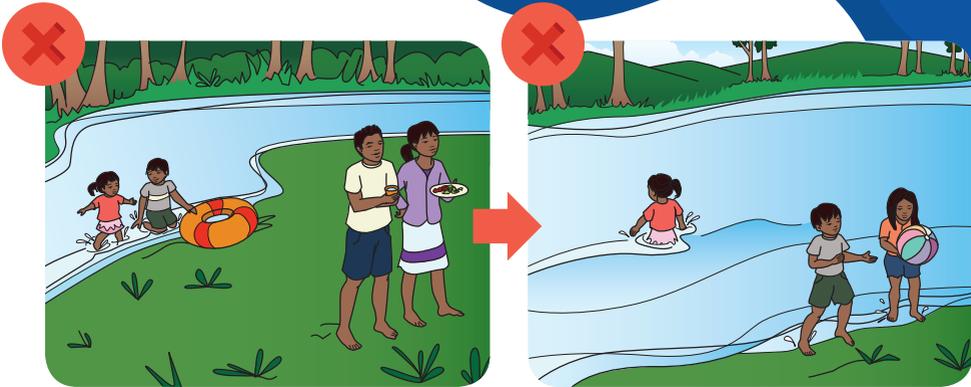
- If you have a party near water an adult should watch the water all the time.
- Never leave older children to watch younger children around water.

Learn how to swim
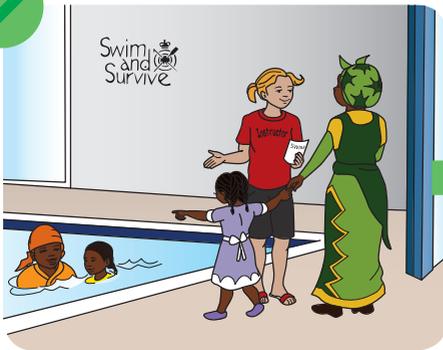
- It is important for children and parents to learn how to swim.

- There are some swimming classes just for women.

- Call Royal Life Saving for more information or ask at your local swimming pool.

Keep children safe at public pools
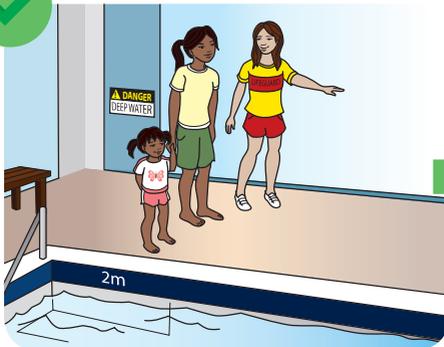
- 💧 Always listen to the lifeguards at pools.
- 💧 Tell the lifeguards if you or your children cannot swim.
- 💧 Always watch children closely at pools – the water can get deep very quickly.

Helping someone in the water
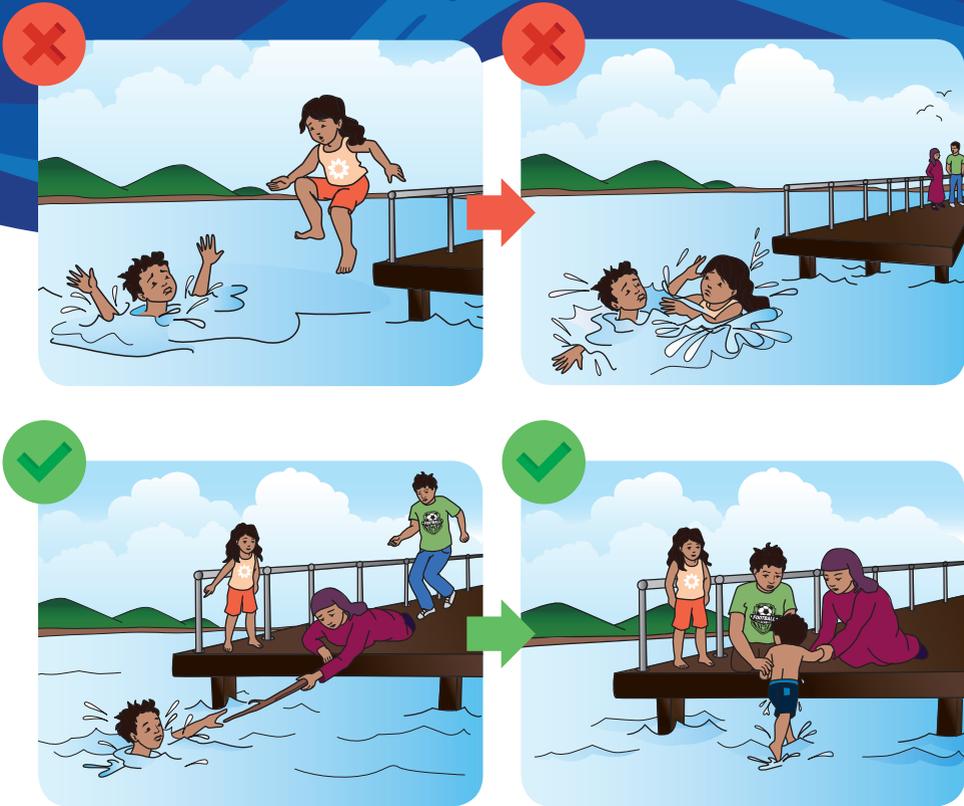
- If someone is in trouble in deep, dark or rough water do not jump in to save them.

- Call 000 for help.

- Tell other people around you what has happened.

- Use something to reach the person.

If you need help in the water
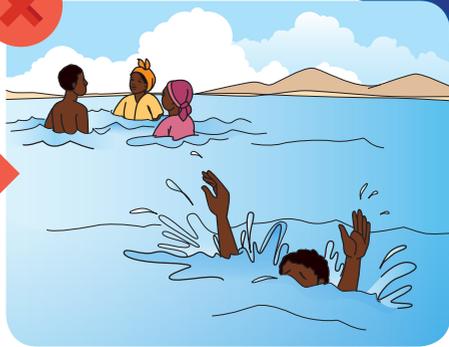
- 💧 Do not panic.
- 💧 Call for help.
- 💧 Float on your back.
- 💧 Wave one hand in the air.

KEEP WATCH

PREVENT YOUR CHILD FROM DROWNING

Swim and Survive

www.royallifesavingwa.com.au

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