

WATER AWARENESS

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA



Q: What is water awareness?

A: Water awareness is a term that covers ways you can help your child stay safe when in, on, or around water. This includes encouraging children to participate in water familiarisation lessons, checking for and removing water hazards (e.g. buckets), setting rules around water and talking about water safety with young ones.

Q: What is the difference between water familiarisation and learn to swim?

A: Water familiarisation classes: Slow introduction of very basic skills, such as moving in the water, getting the face wet and blowing bubbles for children aged 6 to 36 months, as well as teaching water confidence for children aged 3 to 5 years.

Learn to Swim: Turning skills into swimming strokes and the confidence to swim without being held by an adult or carer, suitable for children 5 years and over.

Q: What should I expect from a water familiarisation class?

A: A typical class will be made up of a small number of parents/carers with their child and an instructor who assists learning through fun games, songs and activities. Skills that can be taught include: entering and exiting the water safely with an adult, being gently rocked and being encouraged to splash and kick their legs.

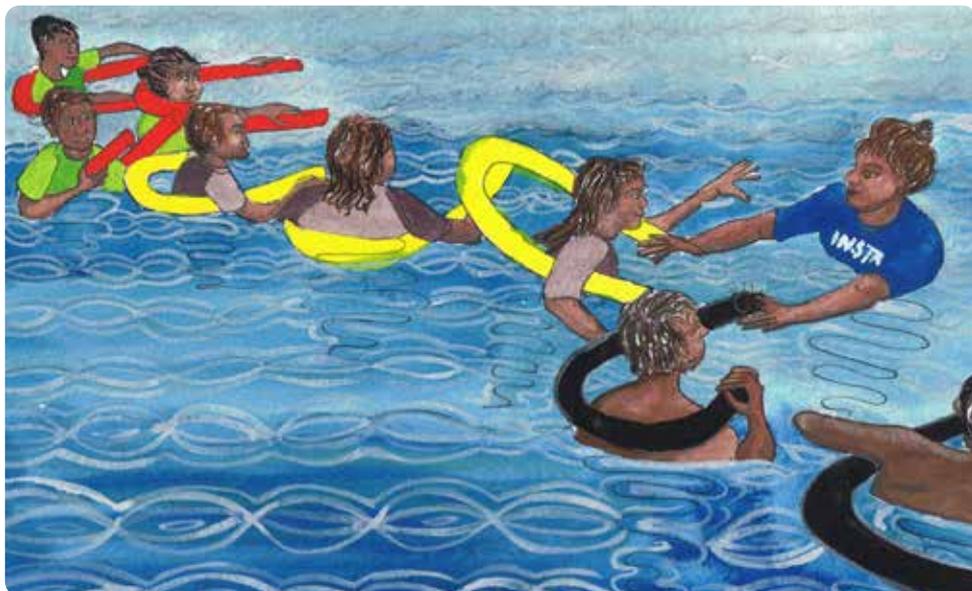
Q: What else can I do to be water aware?

A: Use bath time to let your baby or child feel, experience and play with water. Put rules in place for children when they go near the water, adults should also follow these rules. Check locations together and discuss any safety issues and rules with your child.

Water Awareness Checklist:

- Bath time used as a time for water familiarisation
- Rules in place for children when they go near the water
- Locations/Environments discussed and examined with children
- Talk about dangers and risks of different aquatic environments and rules set
- Adults following water safety rules and setting a good example for young ones
- Visited local pool or called Royal Life Saving to find out how to participate in water familiarisation classes

FAMILIARISE/
DEVELOP/EDUCATE
ENROL YOUR CHILD
AND EXPERIENCE
WATER TOGETHER



KEEP WATCH, PROTECT YOUR MOB

Contact Royal Life Saving NSW on:
02 9634 3700 or download from
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