

Keep Watch @ Programs

@ Public Pools

Aims to prevent drowning in public pools by ensuring parents actively supervise.



@ The Farm

Aims to prevent drowning on farms by ensuring parents create Child Safe Play Areas.



@ Bath Time

Aims to prevent bathtub drowning by ensuring parents never leave children alone in the bath.



DROWNING HAPPENS QUICKLY AND SILENTLY!

Would you like to know more about how you can prevent your child from drowning?

Visit the Keep Watch website at www.keepwatch.com.au

Or contact your local Royal Life Saving Branch:

Australian Capital Territory

Ph (02) 6260 5800 Email act@rlssa.org.au

New South Wales

Ph (02) 9634 3700 Email nsw@royalnsw.com.au

Northern Territory

Ph (08) 8927 0400 Email nt@rlssa.org.au

Queensland

Ph (07) 3823 2823 Email admin@rlssq.com.au

South Australia

Ph (08) 8210 4500 Email training@royallifesavingsa.com.au

Tasmania

Ph (03) 6243 7558 Email tas@rlssa.org.au

Victoria

Ph (03) 9676 6900 Email mail@lifesavingvictoria.com.au

Western Australia

Ph (08) 9383 8200 Email info@rlsswa.com.au

National

Ph (02) 8217 3111 Email info@rlssa.org.au

Did You Know?

- Drowning is a leading cause of preventable death in children under 5 years of age
- On average, over the last decade, a child under 5 years of age drowned every week in Australia
- For every drowning death it is estimated that three children were admitted to hospital as a result of an immersion incident
- For children under 5 years of age, home swimming pools are the most common site in which drowning occurs
- Children less than one year of age most frequently drown in bathtubs
- Children drown all year round

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KEEP WATCH

PREVENT YOUR CHILD FROM DROWNING

EVERYONE CAN BE A LIFESAVER



Keep Watch Checklist

Actions to prevent your child from drowning include: (✓)

- Child actively supervised
- Child not left alone or left in the care of an older child while in the bath
- Everything ready for bathing your child or going swimming e.g. towels, dry clothes etc
- Bathtub empty and door to the bathroom closed
- Pool fenced effectively. Checklist from www.homepoolsafety.com.au completed
- Checked for water dangers such as open drains around the home
- Set of rules established for your children around water
- Enrolled in a CPR course. Checked www.royallifesaving.com.au for course details
- CPR skills updated annually
- Child enrolled in a water awareness class such as the Swim & Survive Wonder Program www.swimandsurvive.com.au
- Child Safe Play Area established. Visited www.keepwatch.com.au for Child Safe Play Area information and fact sheet
- Visited www.keepwatch.com.au for more water safety information

FOR MORE INFORMATION ABOUT KEEP WATCH VISIT:
www.keepwatch.com.au



SUPERVISE

Close / Constant / Focused

- Be Prepared, Within Arms' Reach
- All of Your Attention, All of the Time

Many drowning deaths in children under 5 occur in a few seconds when parents are distracted by a knock on the door or a phone call.

Active supervision means that a child is being constantly watched by an adult who is within arms' reach at all times. All of your attention should be on the child and you should never leave a child alone, or in the care of an older child, when they are in, on, or around water.

If you must leave the area when your child is bathing or swimming, take your child with you or have another responsible adult take over.

Active supervision is essential in protecting your child from drowning.

Supervision is required when children are in, on, or near water sources such as bathtubs, fish ponds, dams, creeks, rivers and water features.

For more Keep Watch information and useful resources visit www.keepwatch.com.au



RESTRICT ACCESS

Fence / Gate / Maintain

- Maintain your pool barrier and gate
- Provide a Child Safe Play Area

Creating a barrier between your child and the body of water is one of the most effective ways of preventing drowning. Pool fencing has been shown to save children from drowning. Fencing must isolate the water body (including swimming pools, spas and wading pools) from the house and should be regularly maintained with a gate that self-closes and self-latches. Any object a child could use to climb over a barrier should be removed.

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Visit www.homepoolsafety.com.au for your home pool safety checklist that will help you maintain your fence and gate in good working order.

A child safe play area can be created inside or outside the house and will also restrict a child's access to water. Inside the house, doors and windows should be locked to prevent the child being able to wander away and the bathtub should be emptied immediately after use and the bathroom door kept shut.



WATER AWARENESS

Familiarise / Develop / Educate

- Enrol your child and experience water together
- Help educate and develop lifelong skills together

Helping your child familiarise themselves with water can be fun for both you and your child. Water awareness classes build confidence and introduce children to basic water safety.

Contact your local pool or Royal Life Saving Branch for details on classes such as the Swim and Survive Wonder program in your area.

You can also play in the pool with your child, or use bath time, to help them become familiar with water. When you go to a new aquatic venue, become aware of the environment and create a set of rules, for example no going near the water unless an adult is present.

Swimming lessons and flotation devices are no substitute for adult supervision.

Remember, always Keep Watch when children are in, on, or around water.



RESUSCITATE

Learn / Update / Act

- Enrol and Update Annually
- Have a go, ASAP, Call 000

Many children are alive today because their parents knew how to perform resuscitation and were able to respond quickly. Parents are often first on the scene and by knowing CPR (Cardio-Pulmonary Resuscitation) they can provide the most assistance to their child in a drowning situation.

Resuscitation is a skill for life.

Resuscitation is a skill for life, and in a drowning situation, any attempt is better than nothing. Immediate resuscitation is also vital for preventing long term neurological impairment associated with drowning.

Royal Life Saving runs resuscitation courses and you can be accredited in 4 hours.

Visit www.royallifesaving.com.au or call **1300 737 763** for more information.

For more Keep Watch information and useful resources visit www.keepwatch.com.au