

## FACT SHEET 07:

# WATER SAFETY IN RURAL AND REMOTE AREAS

EVERYONE CAN BE A LIFESAVER



**Royal Life Saving**

ROYAL LIFE SAVING SOCIETY - AUSTRALIA



### Q: Where do drowning deaths occur in rural and remote areas?

A: There are a number of drowning dangers in rural and remote areas. Rivers, creeks, lakes and billabongs all form part of the natural landscape. Other drowning hazards include pools, water tanks, dams, irrigation channels, water holes.

All these water sources can be affected by the season. During the wet season ALL water levels can rise quickly and can be affected by strong currents. With such large areas, supervision of young children is very important.

### Q: How can we keep our children safe from drowning?

A: Supervise, go with your kids to the swimming pool, river or creek and watch them in the front yard. Talk to your children, set rules and teach them about how to stay safe around water. Restrict access to water and learn CPR or how to call for help if something goes wrong.

### Q: How do I help someone who is drowning in the water?

A: Do not go into the water to save someone. Reach out to them with a stick or floaty or if they are too far away, throw them something that floats so they can hold onto it and talk them into safety.

### Q: Why is learning CPR so important?

A: In rural and remote areas, medical help can take some time to arrive. Parents and family members are usually the first on the scene when something goes wrong. In many cases where the child's life has been saved it has been from the first person on the scene, acting quickly and commencing CPR.

### Water Safety Checklist:

- Do you actively supervise young children at all times when they are in, on, or around the water?
- Check conditions before entering. Entered water slowly, feet first
- Is the river or creek dirty or flowing fast?
- Care taken around all water sources and edges
- Underwater obstacles such as rocks, branches and rubbish avoided
- Do you have something nearby to reach or throw out to someone who might get into difficulty?
- Have you learnt CPR? Enrol in a course and practice your skills regularly

**ACTIVELY SUPERVISE  
TEACH CHILDREN  
HOW TO STAY SAFE  
AROUND WATER**

### Real Life Story – Teach children to be water safe

A 4 year old child has drowned in the Castlereagh River, during a trip with her parents. The parents looked away for a minute and when they turned back she had disappeared. It is believed the young girl had entered the river while her parents weren't watching.

This drowning, like many, can be prevented by parents actively supervising young children. You should be within arms' reach and be in a position to get to your child quickly if needed. It is also important that we teach children about the dangers of the water and set rules such as not going near the water without an adult.

### KEEP WATCH, PROTECT YOUR MOB

Contact Royal Life Saving NSW on:  
**02 9634 3700** or download from  
[www.royallifesaving.com.au](http://www.royallifesaving.com.au)

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