

# KEEP WATCH

**0-12 MONTHS**  
PREVENT YOUR CHILD FROM DROWNING



Prevent drowning of 0-12 month olds:

**ACTIVELY SUPERVISE**

**BE PREPARED**

**MAINTAIN PHYSICAL CONTACT**

**ALL OF YOUR ATTENTION,  
ALL OF THE TIME**

EVERYONE CAN BE A LIFESAVER



**Royal Life Saving**  
ROYAL LIFE SAVING SOCIETY - AUSTRALIA





**Every month 1 child between the ages of 0 and 12 months drowns in Australia. Three quarters of these drowning deaths occur around the home, in bathtubs, backyard swimming pools, buckets and eskies.**

Bath time poses one of the highest risks of drowning for infants with 35 children drowning in bathtubs and spa baths in the past nine years. A lack of adequate adult supervision is the main cause of drowning deaths in this life stage.

**ACTIONS TO PREVENT YOUR CHILD 0-12 MONTHS FROM DROWNING INCLUDE: (✓)**

- Always actively supervise children around water
- Ensure you have everything needed for bathing before entering the bathroom e.g. towels, clothes
- Bath water should be kept to a minimum depth
- Children are not to be left alone or in the care of an older child while in the bath or around water
- Supervising adult should always maintain physical contact with children in or around water
- Learn CPR. Enrol in a course or update your skills
- Create a safe play area to restrict a child's access to water around the home
- Empty buckets and containers that can hold water

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**For more information visit  
[www.keepwatch.com.au](http://www.keepwatch.com.au)**

# KEEP WATCH

**12-36 MONTHS**  
PREVENT YOUR CHILD FROM DROWNING



Prevent drowning of 12-36 month olds:  
**ACTIVELY SUPERVISE**  
**RESTRICT ACCESS TO WATER**  
**ESTABLISH RULES**  
**AROUND WATER**  
**PARENTS LEARN CPR**

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**Every year 29 children between the ages of 12 and 36 months drown in Australia. Many occur in a few seconds when parents and carers are distracted. Active adult supervision is essential in protecting your child from drowning.**

Over 50% of all drowning deaths occur in home swimming pools posing the greatest drowning risk. Children commonly access the pool through a faulty fence, a propped open gate or by climbing on objects such as a table or BBQ.

### **ACTIONS TO PREVENT YOUR CHILD 12-36 MONTHS FROM DROWNING INCLUDE: (✓)**

- Always actively supervise children around water
- Supervising adult should have physical contact or be within arms' reach of the child
- Ensure pool fence is correctly installed, regularly maintained & gate is never left open
- Create a safe play area to restrict a child's access to water around the home
- Establish simple rules such as no going near water without an adult
- Enrol your child in water familiarisation lessons
- Learn CPR. Enrol in a course or update your skills
- Empty buckets and containers that can hold water around the home

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# KEEP WATCH

**3 TO 5 YEARS**  
PREVENT YOUR CHILD FROM DROWNING



Prevent drowning of 3 to 5 year olds:  
**ACTIVELY SUPERVISE**  
**RESTRICT ACCESS TO WATER**  
**WATER AWARENESS CLASSES**  
**PARENTS LEARN CPR**

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**Ten children between the ages of 3 and 5 years drown every year in Australia. Almost 50% of all drowning deaths occur in home swimming pools. Boys in this age group are twice as likely to drown than girls.**

Restricting access to water, particularly in homes with swimming pools or easy access to water is vital. Correctly install and regularly maintain pool fencing and create a safe play area near the home. These years are a good time to enrol in learn to swim classes.

#### **ACTIONS TO PREVENT YOUR 3-5 YEAR OLD FROM DROWNING INCLUDE: (✓)**

- Always actively supervise children around water
- Supervising adult should always be within arms' reach of the child in and around water
- Ensure pool fence is correctly installed, regularly maintained & gate is never left open
- Create a safe play area to restrict a child's access to water around the home
- Enrol your child in water familiarisation lessons and learn to swim classes
- Establish simple rules such as no going near water without an adult
- Learn CPR. Enrol in a course or update your skills

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