

NEW SOUTH WALES PARENTS' AND CARERS' BELIEFS ABOUT BEHAVIOURS AROUND SWIMMING POOLS

2018 Survey Report

EVERYONE CAN BE A LIFESAVER



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ABOUT ROYAL LIFE SAVING

Royal Life Saving is focused on reducing drowning and promoting healthy, active and skilled communities through innovative, reliable, evidence based advocacy; strong and effective partnerships; quality programs, products and services; underpinned by a cohesive and sustainable national organisation.

Royal Life Saving is a public benevolent institution (PBI) dedicated to reducing drowning and turning everyday people into everyday community lifesavers. We achieve this through: advocacy, education, training, health promotion, aquatic risk management, community development, research, sport, leadership and participation and international networks.

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HOME SWIMMING POOLS ARE THE LEADING LOCATION FOR DROWNING AMONG CHILDREN UNDER FIVE

528

PARENTS OR CARERS OF CHILDREN UNDER FIVE WITH ACCESS TO A HOME SWIMMING POOL IN NSW WERE SURVEYED



53%

82%

AGED 18-39 YEARS

77%

REPORTED HAVING A SWIMMING POOL AT HOME

46%

BELIEVE CHILD DROWNING IS EXTREMELY PREVENTABLE

23%

ACCESSED A SWIMMING POOL AT AN APARTMENT COMPLEX

40%

ATTENDED CPR TRAINING WITHIN LAST 12 MONTHS

SUPERVISION RANKED MORE HIGHLY THAN RESTRICTING ACCESS ACROSS ALL BEHAVIOURAL AND ATTITUDINAL MEASURES

63%

ALWAYS SUPERVISED CHILDREN AROUND THEIR POOL IN THE LAST MONTH

45%

ALWAYS RESTRICTED A YOUNG CHILD'S ACCESS TO THEIR POOL IN THE LAST MONTH

NSW CHILD DROWNING REPORT

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DID YOU KNOW?

- Children aged 0-4 years are the age group most at risk of drowning, with an average of 28 drowning deaths per year in Australia
- Approximately half of all drowning deaths among this age group occur in swimming pools (commonly at the child's own home)
- A further 199 children under five are hospitalised each year due to a non-fatal drowning incident
- Key preventative strategies for reducing child drowning include active adult supervision and restricting a child's access to water, commonly through a correctly installed and regularly maintained pool fence and gate
- However lapses in supervision and faulty or propped open gates continue to be contributory factors in fatal child drowning in pools in Australia each year
- The knowledge, behaviours and attitudes of parents and carers of young children on drowning prevention strategies have not previously been explored
- 528 parents and carers of children under five with access to a swimming pool at home in NSW were surveyed
- Three-quarters of respondents reported having access to a swimming pool at their house (77.3%), compared with 22.7% of respondents who accessed a swimming pool at an apartment complex
- Almost half (46.2%) of respondents felt child drowning was extremely preventable
- Just over three-quarters of respondents (78.0%) had taken their child(ren) aged under five years to swimming and/or water familiarisation lessons
- Almost two-fifths (39.8%) of respondents had attended CPR training within the last 12 months
- Supervision ranked more highly than restricting access across all behavioural and attitudinal measures
- 63% of respondents always supervised children around their pool in the last month
- 45% of respondents always restricted a young child's access to their pool in the last month

EXECUTIVE SUMMARY

Drowning is a global public health issue, with the World Health Organization (WHO) estimating 372,000 drowning deaths annually. Children under five are the age group most at risk of unintentional drowning, both fatal and non-fatal. In Australia, an average of 28 children under five drown each year. A further 199 children under five are hospitalised each year in Australia due to a non-fatal drowning incident.

Private swimming pools (also known as home swimming pools) are the leading location for drowning among children under five, accounting for 44.8% of fatal drownings among children 0-4 years in Australia in 2016/17. While the strategies for preventing child drowning are widely agreed (e.g. supervision, restricting a child's access to water, water awareness and resuscitation), lapses in adult supervision and faulty or propped open gates continue to be common causal factors implicated in cases of fatal child drowning in home pools.

In order to increase understanding of the knowledge, behaviours and attitudes of parents and carers of children under five with access to a home pool; Royal Life Saving Society – Australia (RLSSA) and Griffith University conducted a representative survey of those residing in NSW, with a particular focus on the two pool-related behaviours of supervision and restricting access to water through the use of pool fencing.

The research questionnaire was developed in collaboration between RLSSA and Griffith University researchers. The survey asked respondents to answer questions about their knowledge and attitudes towards pool safety (supervision and restricting access to water through pool fencing) with respect to the children under the age of five in their care. The respondents were also asked to provide background demographic details. Participants were parents or carers of a child under five years and had access to a swimming pool in New South Wales (NSW). Participants were sourced through an independent market research company to achieve a state-wide representative sample.

Data were collected between November and December 2017. Data were analysed using SPSS Version 20. Univariate analysis was undertaken, as well as chi squared analysis with a 95% confidence interval ($p < 0.05$). This project has received ethical approval from the Griffith University Human Research Ethics Committee (GU Ref No: 2017/908).

NEXT STEPS

A total of 528 respondents from NSW participated in the survey. Females accounted for just over half of the sample (53.4%). The average age of respondents was 33.1 years. The majority of respondents (79.2%) resided in areas of NSW deemed to be major cities. The vast majority of respondents (92.8%) were parents of children under five. Most parents had one child (73.9%), 19.4% had two and 4.3% had three or more. Just over half (57.4%) of respondents stated they cared for children under five, commonly one (77.2%) or two children (1.1%) with 7.3% caring for three or more children. Three-quarters of respondents reported having access to a swimming pool at their house (77.3%), compared with 22.7% of respondents who accessed a swimming pool at an apartment complex.

Almost half (26.2%) of all respondents felt child drowning was extremely preventable. Just over three-quarters of respondents (78.0%) had taken their child(ren) aged under five years to swimming and/or water familiarisation lessons. Almost two-fifths (39.8%) of respondents had attended CPR training within the last 12 months.

When examining attitudes and behaviours of the two pool-related behaviours, all mean scores were high for both supervising and restricting access, however there was a consistent pattern of significantly greater mean scores for supervising than restricting access. Overall, respondents had significantly more positive attitudes towards, were more socially influenced by, perceived greater behavioural control over, had greater coping self-efficacy for, had greater intentions to, planned for more, were more habitual in performing, anticipated greater regret if they were to fail to, perceived greater risk if they were to fail to and reported more personal influences with respect to the behaviour of supervising, compared to restricting access. While the value placed on supervision is pleasing, more needs to be done to encourage pool owners to also view the need for restricting a young child's access to their pool at all times. Drowning prevention advocates should be mindful of the balance of child supervision messages alongside the promotion of restricting a child's access to water.

With respect to behaviours, less than two-thirds of respondents (63.4%) stated they had always supervised children around the pool in the last month and less than half (44.5%) stated they had always restricted young children's access to their swimming pool in the last month. For drowning prevention advocates, these are concerning findings. Given these strategies are designed to work in partnership with each other and with additional strategies such as water awareness and resuscitation. Further work needs to be done by drowning prevention advocates to ensure that parents and carers of children under five are aware of the importance of undertaking these behaviours at all times.

Policy, Programs and Advocacy

- Continue to enhance awareness of risks of drowning among this key cohort – particularly the different drowning outcomes (e.g. fatal, non-fatal with morbidity and non-fatal without morbidity).
- Enhance communication to the community in question with respect to the importance of restricting access and the fact that child drowning prevention strategies are best undertaken in tandem to prevent child drowning.
- Explore alternative avenues for promoting child drowning prevention messages such as through swimming pool registers, childcare providers, swimming pool construction and maintenance companies and pool supply stores.
- Continue to work with swimming pool inspectors and E1 certifiers to promote the importance of supervision and restricting access to parents and carers of children under five with access to a swimming pool at home.
- Identify methods for providing information on child drowning prevention strategies to parents and carers residing in apartment complexes with pools, such as through strata companies.
- Explore strategies to encourage all parents and carers of children under five with access to a home swimming pool to undertake CPR training and maintain currency of qualifications.

Research Agenda

- Conduct a similar study nationally to capture knowledge, attitudes and behaviours of parents and carers of children under five with access to a home pool with respect to supervision and restricting access.
- Undertake a nationally representative survey on the knowledge, attitudes and behaviors of parents and carers of children under five with access to a home pool with respect to water awareness and resuscitation.
- Through research explore the specific challenges faced with restricting access to swimming pools in shared living complexes such as apartments.
- Explore barriers for parents and carers of children under five in undertaking CPR training and retaining currency of qualifications.

BACKGROUND

Drowning is a global public health issue, with the World Health Organization (WHO) estimating 372,000 drowning deaths annually¹. This is thought to be an underreport due to the International Classification of Diseases (ICD) codes and methodologies used, with a study from Australia identifying only 61% of fatal unintentional drownings are captured using just ICD codes of W65-74 (Accidental drowning and submersion) as the underlying cause of death only².

Children under five are the age group most at risk of unintentional drowning, both fatal and non-fatal. In Australia, an average of 28 children under five drown each year³. In the most recent data published, 29 children under five died from unintentional drowning in Australia in 2016/17³. A further 199 children under five are hospitalised each year in Australia due to a non-fatal drowning incident⁴.

Private swimming pools (also known as home swimming pools) are the leading location for drowning among children under five, accounting for 44.8% of fatal drownings among children 0-4 years in Australia in 2016/17³. Common causal factors implicated in child drowning deaths in home swimming pools include lapses in or complete absence of adult supervision and non-compliant barriers (commonly gates deliberately propped open or faulty or poorly maintained pool fences and gates)⁵.

A 13 year study of drowning deaths of children under five in private swimming pools in New South Wales examined causal factors leading to child drowning. Supervision was found to be completely absent in 59.0% of cases, with the child left to be supervised by siblings 3.6% of the time. With respect to swimming pool barriers, 26.5% of pools were unfenced at the time the child drowned. Approximately 10% of pool fences were deemed non-compliant by inspectors in post-death investigations. Children most commonly gained access to the pool area through a faulty fence or gate (36.4%), a lack of fence (31.8%) or a gate which had been propped open (18.2%). Children most commonly drowned at their primary place of residence (70.9%)⁵.

The strategies for preventing child drowning are reasonably well understood. For children under five, the WHO recommends providing safe places away from water for pre-school children, installing barriers controlling access to water and training bystanders in safe rescue and resuscitation⁶.

In Australia, Royal Life Saving Society – Australia's Keep Watch program aims to educate parents and carers of children under five on the risk factors for drowning and strategies to reduce this risk. These strategies include: active adult supervision; restricting access to water; water awareness and resuscitation⁷.

In order to increase understanding of the attitudes and behaviours of parents and carers of young children with respect to child drowning risk in home swimming pools, Royal Life Saving Society – Australia, in partnership with Griffith University, undertook a survey. This builds on work previously undertaken by the two organisations to understand the behavioural motivations behind driving through floodwaters⁸⁻¹⁰.

Aims

The aim of this study is to develop an understanding of parents' and carers' beliefs about behaviours around swimming pools and strategies to reduce child drowning risk, in particular supervision and restricting access to water through the use of pool fencing.

The overarching aim is to further inform Royal Life Saving Society – Australia's drowning prevention initiatives, particularly to drive evidence-based enhancements of the Keep Watch program, a program that aims to educate parents and carers of children under five on drowning risk and strategies for the prevention of drowning (both fatal and non-fatal) among this at risk cohort. This research links to the Australian Water Safety Council's goal of a 50% reduction in drowning by the year 2020, in particular the Australian Water Safety Strategy 2016-2020's Goal 1 of reducing drowning among children aged 0-14 years¹¹.

METHODS

Survey development

The research questionnaire was developed in collaboration between Royal Life Saving Society – Australia and Griffith University researchers. The survey asked respondents to answer questions about their knowledge and attitudes towards pool safety (supervision and restricting access to water through pool fencing) with respect to children under the age of five in their care. The respondents were also asked to provide some background demographic details. Participants were asked to complete measures of key psychological constructs assessing beliefs, motives, intentions and past behaviour.

The survey was piloted before data collection commenced. The information sheet and research questionnaire can be found in Appendix 1 of this report.

Respondent recruitment

Participants were parents or carers of a child under 5 years and had access to a swimming pool in NSW. Participants were sourced through an independent market research company to achieve a nationally representative sample.

Data collection

The research was conducted using an online survey, which was a maximum 15 minutes in duration. The survey was built and hosted on Griffith University's Qualtrics online questionnaire platform. The incoming data was periodically checked, ensuring quality of responses and demographic profile of respondents. Responses deemed not to be genuine were removed and the survey was closed when the quota of n=500 responses nationally were achieved.

Data were collected between November and December 2017. Data were de-identified prior to analysis. All data presented in this report is aggregated and no individuals can be identified.

Data coding

Remoteness classification of the respondent's postcode was coded using the Australian Standard Geographical Classifications (ASGC) ¹². The respondents' residential postcode was coded to its remoteness classification using the Doctor Locator website ¹³.

Residential postcode of the respondent was also coded to the Index of Relative Socio-economic Advantage and Disadvantage (IRSAD) ¹⁴. This index summarises the economic and social conditions of people and households within an area, including both relative advantage and disadvantage measures. The Index is ranked from 1-10, with a low score indicating relatively greater disadvantage (e.g. many people with low incomes and many people in unskilled occupations), compared to a high score which indicates a relative lack of disadvantage (e.g. many households with high incomes and many people in skilled occupations). For ease of analysis, IRSAD was categorised as low (rank 1-3) and high (rank 8-10).

Data analysis

Data were analysed using SPSS Version 20 ¹⁵. Univariate analysis was undertaken, as well as chi squared analysis with a 95% confidence interval ($p < 0.05$).

Ethics

This project has received ethical approval from the Griffith University Human Research Ethics Committee (GU Ref No: 2017/908).

RESULTS

Demographics

A total of 528 respondents from NSW participated in the survey. Females accounted for just over half of the sample (53.4%). The majority of respondents (82.2%) were aged either 18-29 (37.5%) or 30-39 (44.7%). The average age of respondents was 33.1 years (Figure 1).

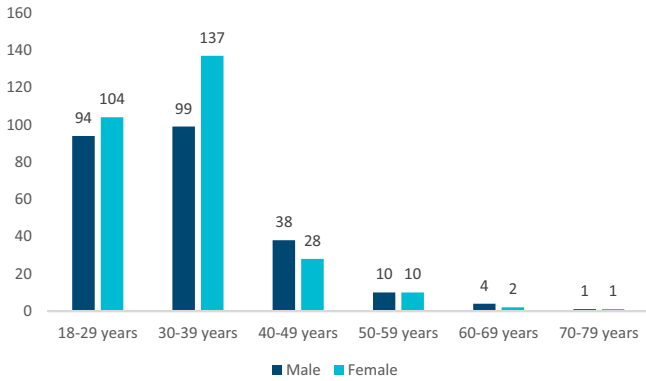


Figure 1: Sex and age group distribution of survey respondents (N=541)

The majority of respondents were married (79.7%), either married – registered (58.1%) or married de facto (21.6%). Just over two-thirds (67.8%) of respondents were in full-time employment (at least 38 hours per week), with a further 20.3% engaged in part-time or casual work (less than 38 hours per week). Just over half of all respondents had a tertiary qualification, either at an undergraduate level (29.9%) or postgraduate (26.3%).

The majority of respondents (79.2%) resided in areas of NSW deemed to be major cities. A further 20.6% resided in areas deemed inner regional (14.4%) and outer regional (6.3%). Just one respondent resided in an area classified as remote (0.2%) (Figure 2).

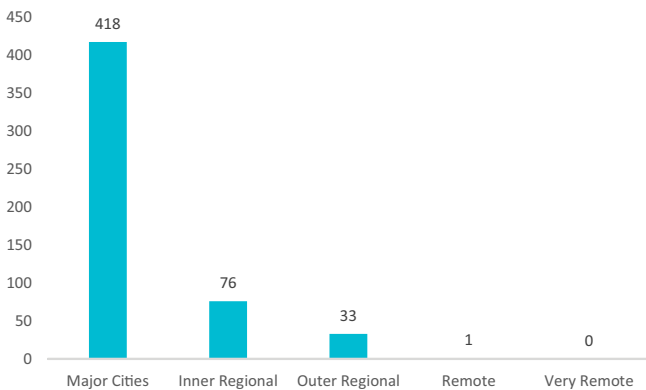


Figure 2: Respondents residential location by remoteness classification (N=528)

The largest proportion of respondents (18.0%) were from the highest decile (10). This was followed by decile 6 (16.7%) and decile 7 (15.2%). Just 3.8% of respondents resided in the lowest decile (1) (Figure 3).

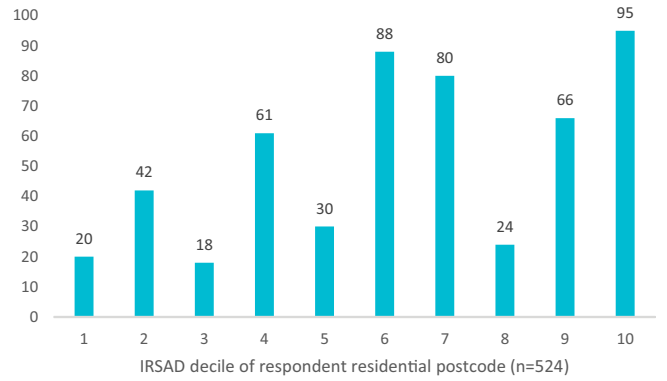


Figure 3: IRSAD decile by postcode (n=524)

Over half of all respondents (57.8%) had a family taxable income of above \$80,000. Almost all (86.7%) of respondents reported Australian ethnicity. A further 2.8% were Australian Aboriginal, Torres Strait Islander or South Sea Islander. A further 10.4% reported 'other' ethnicity, namely Indian (25.5%), Chinese (10.9%) and Indonesian (10.9%).

The vast majority of respondents (92.8%) were parents. Most parents had one child (73.9%), 19.4% had two and 4.3% had three or more. Just over half (57.4%) of respondents stated they cared for children under five, commonly one (77.2%) or two children (1.1%), with 7.3% caring for three or more children. Those who provide a caring role for children under five were commonly other family members (62.0%), followed by grandparents (27.7%). With respect to the frequency with which care was provided, over half provided care more than once a week (57.4%), followed by weekly (17.4%).

Three-quarters of respondents reported having access to a swimming pool at their house (77.3%), compared with 22.7% of respondents who accessed a swimming pool at an apartment complex. Respondents with a lower IRSAD (e.g. 5 and below) were more likely to have access to a pool at a house ($X^2=10.0$; $p=0.002$).

Drowning Prevention Attitudes and Practices

Prevention of child drowning

Respondents were asked to give their opinion about how preventable drowning in children aged under five years is. Almost half of respondents stated they felt it was extremely preventable (46.2%), with just 0.8% stating that drowning was extremely not preventable (Figure 4). Attitudes regarding the preventability of child drowning were not found to differ based on the sex or age group of the respondent ($p < 0.05$).

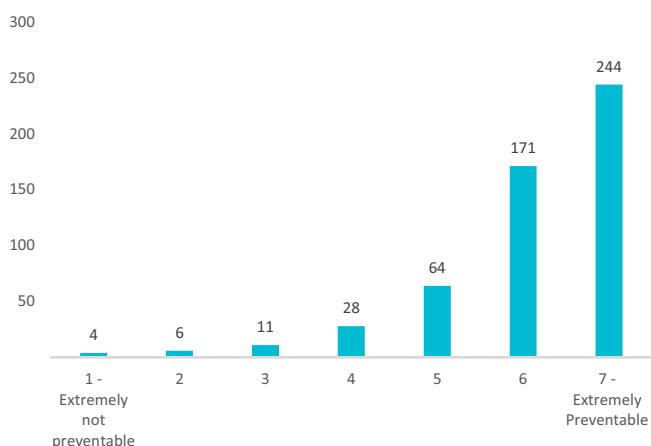


Figure 4: Attitudes of respondents to the preventability of child drowning (N=528)

Swimming Lessons and/or Water Familiarisation Lessons

Just over three-quarters of respondents (78.0%) had taken their child(ren) aged under five years to swimming and/or water familiarisation lessons. A further 20.3% said no but planned to in the future. Just nine respondents (1.7%) stated no and they did not plan to in the future. IRSAD decile was not shown to have a significant impact on enrolment of a child in swimming or water familiarisation lessons.

Cardio-Pulmonary Resuscitation (CPR)

Almost two-fifths (39.8%) of respondents had attended CPR training within the last 12 months; a further 33.3% had attended training more than 12 months ago. A small proportion of respondents (5.9%) stated that they had not attended CPR training in the past and did not plan to in the future. (Figure 4)

Males were significantly more likely to have attended CPR training within the last 12 months ($X^2=5.5$; $p=0.019$). Females were significantly more likely to have attended CPR training more than 12 months ago ($X^2=7.7$; $p=0.006$). Respondents with an IRSAD in the lower deciles (e.g. 5 or below) were significantly more likely to have undertaken CPR training within the last 12 months ($X^2=6.2$; $p=0.012$).

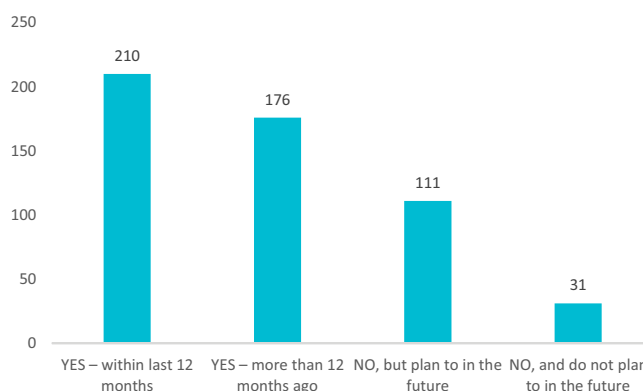


Figure 5: Respondent attendance at CPR training (N=528)

CPR signage displayed in pool area

Over two-thirds of respondents (69.3%) stated they had a current CPR sign displayed in their pool area. A further 24.2% stated they intended to install one in the near future, while 6.4% stated they had no plans to put one up in the future. Neither sex nor age group impacted the likelihood of a respondent having a current CPR sign installed in their pool area. People from lower IRSAD deciles (e.g. 5 and below) were significantly more likely to have a CPR sign displayed in their pool area ($X^2=11.7$; $p=0.003$).

Drowning Prevention Knowledge

Four-fifths of respondents (80.7%) answered correctly noting that children under five (0-4 years) were the age group most at risk of drowning. The next most common response was the 5-17 years age group, which a further 15.3% of respondents answered.

The majority of respondents answered the question on where the largest number of drowning deaths in Australia occur, incorrectly. The leading response was swimming pools (72.2%), followed by beaches (19.9%). Just 6.6% of respondents correctly noted that rivers, creeks and streams were the leading location for drowning among people in Australia.

The majority of respondents answered either falls into water (48.1%) or swimming (47.3%) (the correct answer) as the leading activities prior to drowning in Australia. A small proportion thought the leading activities were driving through floodwaters (3.2%) or boating (1.3%).

When asked the first consideration in a rescue attempt, almost half (49.2%) responded with 'saving the person in difficulty'. A further 26.1% responded the first consideration was to give CPR to the person. Just under one quarter of respondents (24.6%) responded with the correct answer (self-preservation).

A true/false question was posed to survey respondents about whether drowning is always fatal. The response was split; with 50.2% responding true – drowning is always fatal and 49.8% responding false – drowning is not always fatal.

Respondents were asked the most dangerous water location around the home for children under five in Australia. The most common response was the correct answer being swimming pool (65.3%), followed by bathtub (22.9%), toilet (8.0%) and washing machine (3.8%).

When asked what they should do if they were in a boat which had capsized, two-thirds of all respondents stated 'stay with the boat' (the correct answer) (66.1%), while the remaining respondents (33.9%) stated 'swim away as fast as possible'.

The survey respondents were asked about regulatory signage - namely whether a sign with a red border and red bar diagonally across the picture on a white background, is a sign that should be obeyed. The majority of respondents (87.3%) responded with the correct answer (Yes).

When asked if the safest thing to do when caught in a rip at the beach was to swim as fast as you can against the rip. Almost two-thirds of respondents (63.1%) stated that this was false (the correct answer), while the remaining 36.9% incorrectly stated that this statement was true.

Beliefs about two pool-related behaviours

The survey then asked for the respondents beliefs about two pool-related behaviours in relation to children aged under five years. The first was restricting young children's access to their pool (e.g. ensuring there is a barrier between child and pool, ensuring pool fence meets Australian Standards and regularly inspected and maintained, ensuring effective self-closing and self-latching gate, ensuring no climbable objects are left against the fence, and ensuring the gate is not propped open).

The second was supervising young children around your pool (e.g. ensuring constant visual contact of child, ensuring within arms' reach of child at all times, ensuring older child not supervising younger child).

Personal influences

Respondents were asked questions regarding their personal influences and how these impact the two pool-related behaviours. Respondents were presented with a series of statements, and asked to indicate how true each of the statements are for them. An example being: 'I would feel guilty or ashamed of myself if I did not supervise/restrict young children's access to my pool'. For this particular item, a higher proportion of respondents indicated 'very true' for the behaviour of supervising (53.5%), compared to the behaviour of restricting (45.9%). A similar pattern of responses was found for the other personal influences items. For personal influences overall, there was a significant difference in the scores for supervision ($M=47.97$, $SD=8.90$) and restricting access ($M=44.52$, $SD=10.80$) conditions; $t(533)=-8.71$, $p<0.001$, consistent with the aforementioned pattern.

Attitudes

Respondents were asked to plot their response on a 7 point scale for the following sets of attitudes: bad (1)/good (7); unwise (1)/wise (7); worthless (1)/valuable (7); and negative (1)/positive (7). For these items, a higher proportion of respondents stated supervision was good (67.2%), wise (62.1%) valuable (62.7%) and positive (65.3%), compared to good (51.5%), wise (50.6%), valuable (50.9%) and positive (52.5%) for restricting access. For attitudes overall, there was a significant difference in the scores for supervision ($M=25.09$, $SD=4.51$) and restricting access ($M=23.57$, $SD=5.51$) conditions; $t(533)=-7.58$, $p<0.001$ consistent with the aforementioned pattern.

Social Influences

Respondents were asked questions regarding their social influences and how these impact the two pool-related behaviours. Respondents were presented with a series of statements, and asked to indicate how strongly they agreed or disagreed with them. An example being 'Those people who are important to me would approve of me supervising/restricting young children's access to my pool'. For this particular item, a higher proportion of respondents stated they strongly agreed with this statement for supervising children (56.3% strongly agree) compared to restricting access to their pool (47.3% strongly agree). A similar pattern was found for the other social influences items. For social influences overall, there was a significant difference in the scores for supervision ($M=18.32$, $SD=3.51$) and restricting access ($M=17.36$; $SD=4.14$) conditions $t(533)=-6.99$, $p<0.001$, consistent with the aforementioned pattern.

Perceived Behavioural Control

Respondents were asked questions regarding their perceived behavioural control and how these impact the two pool-related behaviours. Respondents were presented with a series of statements, and asked to indicate how strongly they agreed or disagreed with them. An example being 'I have complete control over whether I supervise/restrict young children's access to my pool'. For this particular item, a higher proportion of respondents stated they strong agreed for supervision (52.3% strongly agree) compared to restricting access (47.3% strongly agree). A similar pattern was found for the other perceived behavioural control items. For perceived behavioural controls overall, there was a significant difference in the scores for supervision ($M=24.15$, $SD=4.60$) and restricting access ($M=23.38$, $SD=4.84$) conditions $t(533)=-5.95$, $p<0.001$, consistent with the aforementioned pattern.

Barrier self-efficacy

Respondents were asked questions regarding barrier self-efficacy and how this impacts the two pool-related behaviours. Respondents were presented with a series of statements in response to the phrase 'I am confident that I can supervise young children/restrict young children's access to my pool in the next month'. One such statement was 'even if I have no other assistance from others'. For this particular item, a higher proportion of respondents stated this was true for supervising young children (51.7% definitely true) than restricting access (44.7% definitely true.) A similar pattern was found for the other barrier self-efficacy items. For coping – self efficacy overall, there was a significant difference in the scores for supervision ($M=24.06$, $SD=4.62$) and restricting access ($M=23.69$, $SD=4.86$) conditions $t(533)=-3.20$, $p=0.001$, consistent with the aforementioned pattern.

Intentions

Respondents were asked questions regarding their intentions with respect to the two pool-related behaviours. Respondents were presented with a series of statements and asked to indicate how strongly they agreed or disagreed with them. An example being 'I plan to supervise/restrict young children's access to my swimming pool in the next month'. For this particular item, a higher proportion of respondents stated that they strongly agreed for supervision (56.3% strongly agree) than restricting access (44.5% strongly agree). A similar pattern was found for the other intention based items. For intentions overall, there was a significant difference in the scores for supervision ($M=18.32$, $SD=3.47$) and restricting access ($M=17.24$, $SD=4.30$) conditions $t(533)=-7.06$, $p<0.001$, consistent with the aforementioned pattern.

Planning

Respondents were asked questions regarding their planning with respect to the two pool-related behaviours. Respondents were presented with a series of statements and asked to indicate how true the statement was. An example being 'I have made a plan regarding when to supervise/restrict young children's access to my pool'. For this particular item, a higher proportion of respondents stated that that this was definitely true for supervising young children (47.0% definitely true) compared to restricting access (40.9% definitely true). A similar pattern was found for the other planning based items. For planning overall, there was a significant different in the scores for supervision ($M=46.98$, $SD=9.68$) and restricting access ($M=44.97$, $SD=10.86$) conditions $t(533) =-6.25$, $p<0.001$, consistent with the aforementioned pattern.

Habit

Respondents were asked questions regarding their habits in relation to the two pool-related behaviours. Respondents were presented with a series of statements and asked to indicate how strongly they agreed or disagreed with them. An example being 'Supervising/restricting young children's access to my pool is something I do automatically'. For this particular item, a higher proportion of respondents indicating supervision is something they do automatically (55.3% strongly agree) compared to restricting access (45.1% strongly agree). A similar pattern was found for the other habit based items. For habits overall, there was a significant difference in the scores for supervision ($M=24.27$, $SD=4.60$) and restricting access ($M=22.87$, $SD=5.49$) conditions $t(533) =-6.95$, $p<0.001$, consistent with the aforementioned pattern.

Performance of two pool-related behaviours

Anticipated Regret

Respondents were asked questions regarding their anticipated regret in relation to the two pool-related behaviours. Respondents were presented with a series of statements and asked to indicate how strongly they agreed or disagreed with them. An example being 'If I did not supervise/restrict young children's access to my pool, it would upset me'. For this particular item, a higher proportion of respondents indicated they strongly agreed with the supervision action (54.7% strongly agree) when compared to restricting access (47.0%). A similar pattern was found for the other anticipated regret based items. For anticipated regret overall, there was a significant difference in the scores for supervision (M=18.10, SD=3.78) and restricting access (M=17.32, SD=4.32) conditions $t(533) = -5.41, p < 0.001$, consistent with the aforementioned pattern.

Perceived Risk

Respondents were asked questions regarding their perceived risk in relation to the two pool-related behaviours. Respondents were presented with a series of statements and asked to indicate how strongly they agreed or disagreed with them. An example being 'If I did not supervise/restrict young children's access to my pool the consequences would be severe'. For this particular item, a higher proportion of respondents indicated they strongly agreed with the supervision (53.6% strongly agree) strategy compared to restricting access (47.0% strongly agree). A similar pattern was found for the other perceived risk based items. For perceived risk overall, there was a significant difference in the scores for supervision (M=12.02, SD=2.58) and restricting access (M=11.64, SD=2.80) conditions $t(533) = -4.20, p < 0.001$, consistent with the aforementioned pattern.

Moral Norm

Respondents were asked questions regarding their moral norm in relation to the two pool-related behaviours. Respondents were presented with a series of statements and asked to indicate how strongly they agreed or disagreed with them. An example being 'It is my responsibility as a parent/carer to supervise/restrict young children's access to my pool'. For this particular item, a higher proportion of respondents agreed with supervision (58.7% strongly agree) compared to restricting access (53.8% strongly agree). A similar pattern was found for the other moral norm based items. For moral norm overall, there was a significant difference in the scores for supervision (M=30.88, SD=5.37) and restricting access (M=29.57, SD=6.48) conditions $t(533) = -6.46, p < 0.001$, consistent with the aforementioned pattern.

Extent of behaviour in past month

Respondents were asked about the extent to which they had performed two pool-related behaviours (namely supervision and restricting a child's access to water) in the past month. Respondents reported being more likely to 'always supervise young children around their pool' (62.5% of respondents) than 'always restrict a child's access to their pool' (44.7% of respondents) (Figure 6).

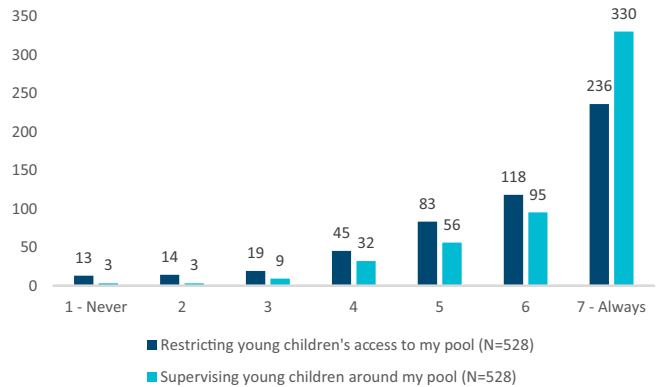


Figure 6: Extent of performing two pool-related behaviours in past month

Frequency of behaviour in last month

Survey participants were asked how often they had performed the two pool-related behaviours in the past month. A higher proportion of respondents stated they 'always' supervised young children around their pool (63.4%), compared to 44.5% of respondents who said they always restricted young children's access to their swimming pool. (Figure 7)

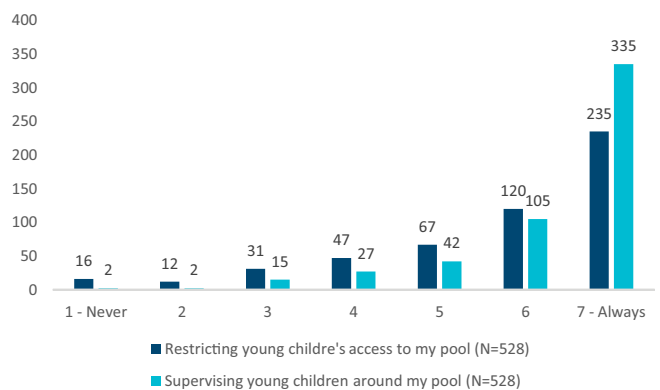


Figure 7: Frequency of restricting young children's access to pool/supervising young children around the pool in the past month



DISCUSSION

This study builds on the scant empirical literature examining the knowledge, behaviours and attitudes of parents and carers of children under five with access to a home pool on two pool-related behaviours, namely supervising young children around their pool and restricting young children's access to their pool.

Almost half (46.2%) of all respondents felt child drowning was extremely preventable. Just over three-quarters of respondents (78.0%) had taken their child(ren) aged under five years to swimming and/or water familiarisation lessons. Almost two-fifths (39.8%) of respondents had attended CPR training within the last 12 months.

All mean scores were high for both supervising and restricting access, however there was a consistent pattern of significantly greater mean scores for supervising than restricting access. Overall, respondents had significantly more positive attitudes towards, were more socially influenced by, perceived greater behavioural control over, had greater coping self-efficacy for, had greater intentions to, planned for more, were more habitual in performing, anticipated greater regret if they were to fail to, perceived greater risk if they were to fail to and reported more personal influences with respect to the behaviour of supervising, compared to restricting access.

While the value placed on supervision is pleasing, more needs to be done to encourage pool owners to also view the need for restricting a young child's access to their pool at all times. Drowning prevention advocates should be mindful of the balance of child supervision messages alongside the promotion of restricting a child's access to water.

With respect to behaviours, less than two-thirds of respondents (63.4%) stated they had always supervised children around the pool in the last month and less than half (44.5%) stated they had always restricted young children's access to their swimming pool in the last month. For drowning prevention advocates, these are concerning findings. Given these strategies are designed to work in partnership with each other and with additional strategies such as water awareness and resuscitation. Further work needs to be done by drowning prevention advocates to ensure that parents and carers of children under five are aware of the importance of undertaking these behaviours at all times.

The poorer attitudes towards restricting access, as well as the lower reported frequency of restricting access when compared to supervision, align with other qualitative research that has been undertaken which has found pool owners have poorer perceptions of the effectiveness of pool fencing legislation than those without home pools¹⁶. Further work must be undertaken with parents and carers of children under five with access to a swimming pool at home to communicate the importance of restricting a child's access to water as an effective drowning prevention strategy¹⁷.

LIMITATIONS

There are limitations associated with this study. The study used a survey capturing respondents' self-reported attitudes, knowledge and behaviours associated with the two pool-related behaviours (supervision and restricting access).

The responses are self-reported in nature and therefore may be subject to bias. The survey was run from November to December which may have influenced the responses of participants. This study surveyed only NSW based parents and carers of children under five with access to a swimming pool at home. A national study may be worthwhile to compare NSW findings to national averages.

CONCLUSION

This study has resulted in further insight on the knowledge, behaviours and attitudes of parents and carers of children under five with access to a swimming pool at home in NSW. Key findings included: the high value placed on both supervision and restricting access by respondents; the greater emphasis placed on supervision when compared to restricting access; and the fact that less than two-thirds of respondents (63.4%) stated they had always supervised children around the pool in the last month and less than half (44.5%) stated they had always restricted young children's access to their swimming pool in the last month.

Further work is needed to encourage parents and carers of children under five with access to a swimming pool at home to always supervise and restrict young children's access to their pool and the intent that both actions work together (along with water awareness and resuscitation) in order to be most effective. It is hoped that by doing so, the home pool environment can be made safer and further young lives can be saved from drowning.

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STUDY INFORMATION

Parents' and Carers' Beliefs About Behaviours Around Swimming Pools

<p>Chief Investigator</p> <p>Dr Kyra Hamilton, Senior Lecturer School of Applied Psychology, Griffith University</p> <p>Ph: (07) 3735 3334 Email: kyra.hamilton@griffith.edu.au</p>	<p>Co- Investigator</p> <p>Ms Amy Peden, National Manager– Research and Policy Royal Life Saving Society – Australia</p> <p>Ph: (02) 8217 3133 Email: apeden@rlssa.org.au</p>
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Why is the research being conducted?

The aim of the current study is to develop an understanding of parents' and carers' beliefs about behaviours around swimming pools and strategies to reduce child drowning risk. The research team requests your assistance in helping us with this research.

What you will be asked to do

Your participation in this project will involve completing a brief online survey that will ask questions about your knowledge and attitudes toward behaviours around swimming pools. You will also be asked to provide some background demographic details. This information is not used to identify you in any way but rather it will tell us about the representation of the individuals participating in the study. The study will take approximately 10-15 minutes to complete.

Participant selection and/or screening

We welcome your participation if you are a parent/legal guardian or carer of a child aged under 0-4 and have access to a swimming pool at your primary place of residence.

The expected benefits of the research

It is expected that this project will not directly benefit you. However, your involvement will provide valuable information about safety behaviours around swimming pools and, therefore, may benefit others through a greater understanding of these processes.

Risks to you

It is unlikely that there are any risks greater than daily living involved with participation in this project. However, should you experience any discomfort due to undertaking this survey, Lifeline (13 11 14) offers a free 24 hour telephone counselling

service.

Your participation is voluntary

Your participation in this project is voluntary and you may cease participation at any time. If you agree to participate, you can withdraw from participation at any time during the project without comment or penalty. However, as the project involves submission of anonymous (i.e., non-identifiable) information, once your responses have been submitted, you will be unable to withdraw. Your decision to participate will in no way impact upon your current or future relationship with Griffith University.

Your confidentiality

The information you provide will be treated confidentially and all comments and responses are anonymous. Your responses to the questionnaire will form part of a large data response set, which will initially be stored by Qualtrics. Research data from Qualtrics will be downloaded and stored securely on Griffith University's Google Drive allocation. Data will be password-protected and accessible only to members of the research team. As required by Griffith University, all research data (survey responses and analysis) will be retained in a password-protected electronic file for a minimum period of five years before being destroyed. Participants' data will not be identifiable in any publication or reporting. In the interest of researcher transparency, a strictly de-identified version of the research data will be prepared and made available on the online open data repository Open Science Framework (<https://osf.io/>).

Consent to participate

Completion and submission of the survey will be accepted as informed consent to participate.

Questions / further information about the project

Please contact the research team members if you have any questions or require further information about the project.

Feedback to you

No automatic feedback will be given to you about the results of this study. However, if you participate and wish to receive a summary of the research results once the study has been completed, you can email the research team members.

The ethical conduct of project

Griffith University conducts research in accordance with the National Statement on Ethical Conduct in Human Research. If you do have any concerns or complaints about the ethical conduct of the project you may contact the Manager, Research Ethics on (07) 3735 4375 or research-ethics@griffith.edu.au. This project has received ethical approval from the Griffith University Human Research Ethics Committee (GU Ref No: 2017/908).

DO YOU HAVE POOL ACCESS?

Do you have access to a pool at your primary place of residence?

- YES – House
- YES – Apartment complex
- NO

DO YOU HAVE CHILDREN?

Are you the **parent/legal guardian OR carer** of any children aged 0-4 years?

- YES
- NO

ARE YOU THE ONLY ONE COMPLETING SURVEY?

Are you the only member of your household completing this survey?

- YES
- NO

PART A

What is your **age**?

What is your **gender**?

- Male
- Female

What is your **residential postcode**?

What is your **current marital status**?

- Married registered
- Married de facto
- Widowed
- Divorced
- Separated
- Never Married

What is your **employment status**?

- Full-time work (at least 38 hours per week)
- Part-time/Casual work (less than 38 hours per week)
- Full-time student
- Part-time student
- Unemployed

What is your **highest educational achievement**?

- Completed junior school (yr 10)
- Completed senior school (yr 12)
- TAFE certificate / diploma
- Undergraduate degree
- Postgraduate degree

What is your **family taxable income range**?

- Nil – \$18,200
- 18,201 - \$37,000
- \$37,001 – \$80,000
- \$80,001 – \$180,000
- >\$180,001

What is your **ethnicity**?

- Australian
- Australian Aboriginal or Torres Strait Islander or South Sea Islander
- Other (please specify)

Are you the **parent/legal guardian** of any children aged 0-4 years? (not including children for whom you are a carer)

- Yes
- No

Number of children **aged 0-4 years** for whom you are their **parent/legal guardian**

Please provide the age and gender of children for whom you are their **parent/legal guardian**

- start with the youngest child
- please enter the age in years (e.g., if your child is aged under 1 year answer 0, if your child is aged over 1 year but is not yet 2 years answer 1, etc...)

Age of **1st** child?

Gender of **1st** child?

- Male
 Female

Age of **2nd** child?

Gender of **2nd** child?

- Male
 Female

Age of **3rd** child?

Gender of **3rd** child?

- Male
 Female

Age of **4th** child?

Gender of **4th** child?

- Male
- Female

Age of **5th** child?

Gender of **5th** child?

- Male
- Female

Age of **6th** child?

Gender of **6th** child?

- Male
- Female

Age of **7th** child?

Gender of **7th** child?

- Male
- Female

Age of **8th** child?

Gender of **8th** child?

- Male
- Female

Age of **9th** child?

Gender of **9th** child?

- Male
 Female

Are you the **carer** of any children aged 0-4 years? (not including childr
parent/legal guardian)

- Yes
 No

Number of children aged **0-4 years** for whom you are their **carer**

What is your relationship with these children you care for?

- Grandparent
 Other family member
 Other (please specify)

Age of **1st** child?

Gender of **1st** child?

- Male
- Female

Age of **2nd** child?

Gender of **2nd** child?

- Male
- Female

Age of **3rd** child?

Gender of **3rd** child?

- Male
- Female

Age of **4th** child?

Gender of **4th** child?

- Male
- Female

Age of **5th** child?

Gender of **5th** child?

- Male
- Female

Age of **6th** child?

Gender of **6th** child?

- Male
- Female

Age of **7th** child?

Gender of **7th** child?

- Male
- Female

Age of **8th** child?

Gender of **8th** child?

- Male
- Female

Age of **9th** child?

Gender of **9th** child?

- Male
- Female

PART A.1

In your opinion, how preventable is drowning in children aged 0-4 years?

1 2 3 4 5 6 7

Extremely not Preventable Extremely Preventable

Have you taken your child(ren) aged 0-4 years to swimming or water familiarisation lessons?

- YES
- NO, but plan to in the future
- NO, and do not plan to in the future

Have you attended cardio pulmonary resuscitation (CPR) training?

- YES – within last 12 months
- YES – more than 12 months ago
- NO, but plan to in the future
- NO, and do not plan to in the future

Do you have a current CPR sign displayed in the pool area?

- YES
- NO, but plan to in the future
- NO, and do not plan to in the future

PART B

What age group is most at risk of drowning?

- Children under five years of age (0-4 years)
- Children and adolescents (5-17 years of age)
- Younger adults (18-55 years)

- Older adults (65 years and over)

Where do the largest number of drowning deaths in Australia occur?

- Beaches
- Swimming pools
- Rivers
- Lakes

What is the leading activity prior to drowning in Australia?

- Swimming
- Falls into water
- Driving through floodwaters
- Boating

Which of the following is the first consideration in a rescue attempt?

- Saving the person in difficulty
- To give CPR to the person
- Self-preservation

Drowning is always fatal?

- True
- False

Which of the following is the most dangerous water location around the home for children 0-4 years of age in Australia?

- Toilet
- Swimming pool
- Washing machine
- Bathtub

If you are in a boat that capsized, you should...

- Swim away as fast as possible
- Stay with the boat

If you saw a sign with a red border and a red bar diagonally across the picture on a white background would you take this to be a regulatory sign? That is, it must be obeyed.

- No
 Yes

If you get caught in a rip, the safe thing to do is swim as fast as you can against the rip?

- True
 False

PART C

We are interested in your beliefs about two pool-related behaviours in relation to children aged 0-4 years.

1. **Restricting young children's access to your pool** (e.g., ensuring there is a barrier between child and pool, ensuring pool fence meets Australian Standards and regularly inspected and maintained, ensuring effective self-closing and self-latching gate, ensuring no climbable objects are left against fence, ensuring gate is not propped open).
2. **Supervising young children around your pool** (e.g., ensuring constant visual contact of child, ensuring within arms' reach of child at all times, ensuring older child not supervising younger child).

For the next questions, please think about these two behaviours you engage in for the children in your care aged 0-4 years.

Please indicate how true the following statements are for you.

	Not at all true						Very true
	1	2	3	4	5	6	7
I would feel guilty or ashamed of myself if I did not restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I personally believe it is the best thing to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others would be upset with me if I did not restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Not at all true						Very true
	1	2	3	4	5	6	7
I have carefully thought about it and believe it is very important for me to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would feel bad about myself if I did not restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is an important choice I really want to make to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because I want others to see I can restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because it is very important to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how true the following statements are for you.

	Not at all true						Very true
	1	2	3	4	5	6	7
I would feel guilty or ashamed of myself if I did not supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I personally believe it is the best thing to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Others would be upset with me if I did not supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have carefully thought about it and believe it is very important for me to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would feel bad about myself if I did not supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is an important choice I really want to make to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Not at all true							Very true
	1	2	3	4	5	6	7	
Because I want others to see I can supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Because it is very important to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Think about the past month. In general, to what extent did you...

Restrict young children's access to my pool

1 2 3 4 5 6 7

Never Always

Supervise young children around my pool

1 2 3 4 5 6 7

Never Always

Think about the past month. In general, how often did you...

Restrict young children's access to my pool

1 2 3 4 5 6 7

Never Always

Supervise young children around my pool

1 2 3 4 5 6 7

Never Always

For me to **restrict** young children's access to my pool in the next month would be:

1 2 3 4 5 6 7

Bad								Good
Unwise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Wise
Worthless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Valuable
Negative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Positive

For me to **supervise** young children around my pool in the next month would be:

	1	2	3	4	5	6	7	
Bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Good
Unwise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Wise
Worthless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Valuable
Negative	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Positive

Please indicate how much you agree/disagree with each of the following statements in the next month...

	Strongly Disagree							Strongly Agree
	1	2	3	4	5	6	7	
Those people who are important to me would approve of me restricting young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Those people who are important to me would want me to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Those people who are important to me think I should restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

Please indicate how much you agree/disagree with each of the following statements in the next month...

	Strongly Disagree							Strongly Agree
	1	2	3	4	5	6	7	
Those people who are important to me would approve of me supervising young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
Those people who are important to me would want me to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Those people who are important to me think I should supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree/disagree with each of the following statements in the next month...

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
I have complete control over whether I restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is mostly up to me whether I restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It would be easy for me to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident I can restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree/disagree with each of the following statements in the next month...

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
I have complete control over whether I supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is mostly up to me whether I supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It would be easy for me to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
I am confident I can supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am confident that I can **restrict** young children's access to my pool in the next month...

	Not at all true						Definitely true
	1	2	3	4	5	6	7
... even if I have no assistance from others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... even if it is time consuming.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... even if it interferes with my other commitments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... even if it is not easy for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I am confident that I can **supervise** young children around my pool in the next month...

	Not at all true						Definitely true
	1	2	3	4	5	6	7
... even if I have no assistance from others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... even if it is time consuming.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... even if it interferes with my other commitments.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... even if it is not easy for me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree/disagree with each of the following statements in the next month...

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
I plan to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I intend to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
It is likely that I will restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree/disagree with each of the following statements in the next month...

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
I plan to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I intend to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is likely that I will supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how true the following statements are for you.

I have made a PLAN regarding...

	Not at all true						Definitely true
	1	2	3	4	5	6	7
... when to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... where to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... how to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... how often to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... what to do if something interferes with my plan to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... how to cope with possible setbacks to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Not at all true						Definitely true
	1	2	3	4	5	6	7
... what to do in difficult situations to stick to my intentions to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... when to pay extra attention to prevent lapses to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how true the following statements are for you.

I have made a PLAN regarding...

	Not at all true						Definitely true
	1	2	3	4	5	6	7
... when to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... where to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... how to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... how often to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... what to do if something interferes with my plan to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... how to cope with possible setbacks to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... what to do in difficult situations to stick to my intentions to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
... when to pay extra attention to prevent lapses to supervise young children around my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you agree that **restricting** young children's access to my pool is something...

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
I do automatically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do without having to consciously remember	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do without thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I start doing before I realise I'm doing it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you agree that **supervising** young children around my pool is something...

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
I do automatically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do without having to consciously remember	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do without thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I start doing before I realise I'm doing it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree/disagree with each of the following statements.

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
If I <u>did not restrict</u> young children's access to my pool, it would upset me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I <u>did not restrict</u> young children's access to my pool, I would feel regret	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I <u>did not restrict</u> young children's access to my pool, I would feel sorry for not doing it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree/disagree with each of the following statements.

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
If I <u>did not supervise</u> young children around my pool, it would upset me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
If I <u>did not supervise</u> young children around my pool, I would feel regret	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I <u>did not supervise</u> young children around my pool, I would feel sorry for not doing it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree/disagree with each of the following statements.

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
If I <u>did not restrict</u> young children's access to my pool, the consequences would be severe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I <u>did not restrict</u> young children's access to my pool, the possibility of child drowning is great	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree/disagree with each of the following statements.

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
If I <u>did not supervise</u> young children around my pool, the consequences would be severe	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
If I <u>did not supervise</u> young children around my pool, the possibility of child drowning is great	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree/disagree with each of the following statements.

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
It is my responsibility as a parent/carer to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
It is an important part of my role as a parent/carer to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is the right thing to do to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is morally responsible to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is my moral obligation to restrict young children's access to my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please indicate how much you agree/disagree with each of the following statements.

	Strongly Disagree						Strongly Agree
	1	2	3	4	5	6	7
It is my responsibility as a parent/carer to supervise young children around of my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is an important part of my role as a parent/carer to supervise young children around of my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is the right thing to do to supervise young children around of my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is morally responsible to supervise young children around of my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It is my moral obligation to supervise young children around of my pool	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you would like to receive **information on restricting young children's access to and supervising young children around your pool**, please provide your email address here:

Please note: Your email address **will not** be provided to any third parties and **will be erased** once we email you the information on restricting and supervising young children around pools.

If you have any final comments, please share them here:

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ROYAL LIFE SAVING NSW CONTACT DETAILS:

Royal Life Saving maintains a network of offices throughout NSW to save lives in the community through education programs, vocational training, health promotion initiatives, aquatic risk management services, community development and participation in sport.

For more information contact:

Sydney	T: 02 9634 3700 E: nsw@royalnsw.com.au
Hunter	T: 02 4929 5600 E: hunter@royalnsw.com.au
Illawarra	T: 02 4225 0108 E: illawarra@royalnsw.com.au
Northern	T: 02 6651 6266 E: northern@royalnsw.com.au
Riverina	T: 026921 7422 E: riverina@royalnsw.com.au
Western	T: 02 6369 0679 E: western@royalnsw.com.au

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