

Drowning Awareness - Make Sure Water Fun is Safe Fun



Drowning is known to be a leading cause of accidental death in children. Tragically in many cases these deaths could have been prevented. **Children can drown quickly and SILENTLY in as little as 5cm (2 inches) of water.** Here are some tips to let your child enjoy the water but keep them safe too:

- **Supervision** - Safety experts recommend *Active Supervision* of your children while they're around water - that means being within arm's length of them. Not inside watching through a window. Not while reading or taking a nap nearby. Not leaving an older child to supervise.
- **Reduce Risks** - Empty paddling pools and buckets immediately after use and store out of reach of children. Ensure drains, garden ponds, and water butts are securely covered or fenced off.
- **Pool Toys Safety** - Noodles, floats, lilos and beach balls are all fun but are not designed to prevent drowning. Used incorrectly they can trap your child underwater. When buying toys check that they are correct for the age, weight and swimming competence of your child.
- **Safety Away From Home** - Be aware of risks when on holiday. Check if the location of beaches, rivers or pools is appropriate for the age and ability of your child. Only swim where lifeguards are in attendance. Make sure the water is deep enough if children are diving or jumping into water.
- **Swimming And Safety Lessons** - Swimming lessons and safety education are often offered by schools and local swimming pools. Taking part will benefit your child in both in health and confidence around water.

Safety All Year Round

Don't forget to keep water safety a priority year round. Risks exist inside the home too. Here are some points to keep in mind.

Bath Aids And Bath Time - Bath seats are designed to help at bath time but cannot prevent drowning if a child is left on its own. Never leave a child unattended in a bath at any time.

Other Sources of Water - Ensure laundry buckets, bowls of water and other water containers are covered or out of a child's reach.

More Information:

<http://www.rosipa.com/leisuresafety/adviceandinformation/watersafety/>

<http://www.capt.org.uk/safety-advice/keeping-your-child-safe-drowning>

<http://www.royallifesaving.com.au/families/at-home/toddler-drowning-preventio>