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

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!

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

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
- Checked for water dangers such as open drains around the home
- Set of rules established for your children around water
- CPR skills updated annually
- Child enrolled in a water awareness class such as the Swim & Survive Wonder Program www.swimandsurvive.com.au
- Visited www.keepwatch.com.au for more water safety information

For more information about Keep Watch visit: www.keepwatch.com.au
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

RESTRICf 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.

Pool fencing has been shown to save children from drowning.

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.

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.

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