



Keep Safe around the Pool

Reduce the risk of childhood drowning.

According to *The National Drowning Report 2009*, published by the Royal Life Saving Society of Australia, drowning is one of the major causes of death for children who are less than five years of age. In 2008/09 there were 32 drowning deaths in young children and many more children suffered near drowning experiences and were treated in hospital.

Most of the drowning deaths resulted from the child falling or wandering into the water and as was the case in previous years, the swimming pool is the most common location.

HOW TO KEEP YOUR POOL SAFE

It is important to 'spot the potential hazards' and manage the risks in and around water - this can be achieved by following some basic safety rules. For example:

- **Never** leave a child unsupervised around the water, not even just for a moment.
- If you must leave the pool area, take the child with you
- Always keep your fence in good repair and gates, doors and window locks in good working condition. **Remember - children can drown in fenced pools.**
- Don't leave any gates or doors propped open. Small children are curious.
- Don't leave objects near the fence as children may use them to climb over.
- Always leave your filter covered so small children can't get into it, or get hair or limbs caught in it.
- A secure pool is no substitute for responsible adult supervision. Children in or around the water must be watched **at all times**. No matter what their swimming ability, children should always be supervised closely.
- It is essential that children are taught to swim from an early age.
- Never rely on flotation aides (e.g. bubbles, floaties etc) unless under the supervision of a capable adult. Remember, they are not life saving devices.
- Training in resuscitation techniques will give adults the skills required for emergency situations. Make sure at least one person supervising is trained in CPR, and ensure there is a resuscitation chart attached to your pool fence.
- Appoint a 'LOOK OUT' when pool parties are in progress, so that someone is watching the children at all times. Change the 'LOOK OUT' regularly, making sure that the responsible adult remains alert and vigilant. **Remember - never mix alcohol or drugs with your role as supervisor around water!!**

For further information, contact:

Kidsafe SA Inc
Women's & Children's Hospital
72 King William Road, North Adelaide SA 5006
Tel: 08 8161 6318 Email: sa@kidsafe.org.au
www.kidsafesa.com.au