



Pool Safety

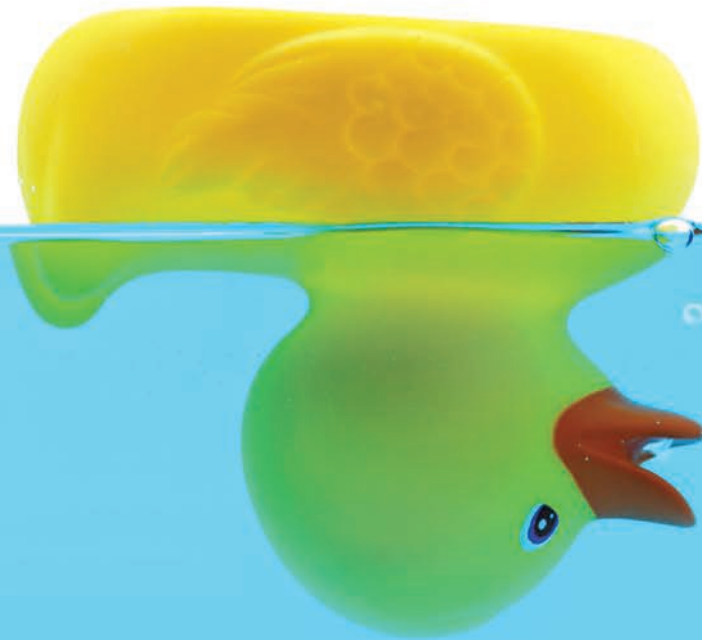
RESOURCE GUIDE FOR NEW POOL OWNERS

This resource will provide you with information about water safety around backyard swimming pools.

www.swimmingpoolregister.nsw.gov.au
www.bepoolsafe.com.au

 Be Pool Safe.





.....
IN THE LAST 10 YEARS **60 CHILDREN HAVE DROWNED**
IN BACKYARD SWIMMING POOLS IN NSW
.....

IN THE LAST 10 YEARS **70 CHILDREN HAVE**
NEUROLOGICAL DAMAGE AS A RESULT OF
IMMERSION IN BACKYARD SWIMMING POOLS
.....

IN THE LAST 10 YEARS **1,000 CHILDREN HAVE BEEN**
ADMITTED TO NSW HOSPITALS AS A RESULT OF
IMMERSION IN BACKYARD SWIMMING POOLS
.....

For a pool compliance inspection
contact your Local Council
or Approved Private Certifier.



RESOURCE GUIDE FOR NEW POOL OWNERS

© RLSSA

This document is copyright.

This work may be reproduced in whole or in part for research or training purposes subject to the inclusion of an acknowledgement of the source and provided no commercial usage or sale is made. For any other enquiries concerning reproduction, contact Royal Life Saving on (02) 9634 3700.

Royal Life Saving

Royal Life Saving works to prevent drowning and facilitate healthy active lifestyles. As Australia's largest provider of water safety education, our programs are delivered in schools, pools and community centres daily. They are designed to build awareness of dangers in aquatic environments and to arm the community with lifesaving skills used in both prevention and rescue. Royal Life Saving NSW is proudly supported by the NSW Government.

VERSION 3 – September 2015.

To find out more about Royal Life Saving NSW visit our website at royallifesaving.com.au or contact your nearest Royal Life Saving Office and request a Services Guide.

FIND US ONLINE:



facebook.com/RoyalLifeSaving



twitter.com/royallifesaving



youtube.com/RoyalLifeSavingAust



royallifesaving.com.au
bepoolsafe.com.au

CONTENTS

| | |
|---|----|
| Delights and Dangers of Swimming Pools | 4 |
| Child Drowning – Fact or Fiction | 5 |
| The Four Actions that Save Children's Lives | 7 |
| Active Supervision | 8 |
| Restrict Access to Water – Fence and Gates | 9 |
| Water Awareness | 10 |
| Checklists for NSW Pool Owners | 12 |
| Life Stages Approach | 14 |
| Learn Resuscitation | 15 |
| Working with Pool Chemicals | 17 |
| Enjoy your Swimming Pool – Links | 18 |

TIP: USE THIS WEEKEND TO INSPECT YOUR POOL OR SPA AND ENSURE ITS FULLY COMPLIANT. CHECKLISTS ARE AVAILABLE AT SWIMMINGPOOLREGISTER.NSW.GOV.AU

DELIGHTS AND DANGERS OF SWIMMING POOLS

Australians have a love of the water and this is reflected in our recreational pursuits with tens of millions of people each year visiting beaches, swimming pools, lakes, rivers and dams to undertake a variety of aquatic activities.

Unfortunately this interaction with water has a down side and every year more than 250 people drown in Australia. Children under the age of 5 are over-represented in these figures.

Swimming pools should be seen as a fun and enjoyable environment, especially for children, as it can assist in a child's early physical and intellectual development. The ability to safely enjoy water continues to benefit us at all stages of our lives.

Drowning is the major cause of death of preventable death in children under 5 years of age. Prolonged submersion can also cause serious and permanent injury. These incidents can be significantly reduced by all of us becoming aware of the potential hazards around swimming pools, learning resuscitation and participating in water awareness programs.

For every drowning death there are five hospitalisations due to immersion incidents. Victims of immersion can experience serious injuries including permanent neurological impairment. Such injuries and subsequent long term disabilities have serious impacts upon families and communities.

By following some simple safety precautions and following some water safety rules you, your family and friends can expect to have a lifetime of fun in and around your swimming pool.

Please take the time to read through the following pages to ensure you start off with the right swimming pool attitude.

DID YOU KNOW?

- Drowning is one of the leading causes of preventable death in children under 5 years of age.
- A child under 5 years of age drowned on average every week in Australia over the last decade.
- For every drowning death it is estimated that approximately 5 children are admitted to hospital as a result of an immersion incident. For every 5 children admitted to hospital following immersion, 1 child is left with potentially severe or persisting consequences of drowning (i.e. neurological impairment).
- For children under 5, home swimming pools are the most common site in which drowning occurs.
- Children who drowned in home swimming pools were predominately residents or invited guests of a relative or friend.
- The majority of households, in which children under 5 years of age drowned, had fencing which was inadequate, improperly maintained or used improperly (e.g. gate left propped open).
- 2 out of 3 children who drown are boys.
- Children drown all year round unlike other age groups which tend to drown more frequently in summer.

DROWNING IS PREVENTABLE

REAL LIFE STORY:

Home Pool Tragedy

In a warning to parents everywhere, the second child in 2 days has drowned in a backyard pool in NSW. The toddler gained access to the pool, when the self-latching mechanism on the sliding door to the pool did not work.

The toddler was found face down in the backyard pool by relatives and was taken to hospital but she could not be revived. Parents are being urged to learn CPR and to ensure their pool fences are properly secured.



CHILD DROWNING – FACT OR FICTION

Fiction: Children are easy to supervise and I do not need to modify my strategies as they age.

Fact: Children develop quickly and at different stages their abilities can change quite rapidly. As children grow they become more mobile and like to explore. This may mean they begin climbing over barriers that are designed to keep them away from water.

Fiction: Children are at a lesser risk of drowning because of their small physical build.

Fact: Young children are at risk because of their physical build. They are 'top heavy' and more prone to falling into water due to a lack of balance.

Fiction: Children are aware of the dangers water poses to them and will take care around water.

Fact: Children do not understand or perceive the hazards that water presents to them. They have no real sense of danger and require a high level of supervision.

Fiction: Young children can be left under the supervision of older children.

Fact: Never leave children in the care of older children. Older children may not perceive the amount of danger a young child may be in and may confuse drowning for playing or lack the attention levels needed to supervise correctly.

Fiction: Water needs to be reasonably deep for children to drown in it.

Fact: Children only need a small amount of water to drown in. Water that is deep enough to cover their nose and mouth is enough for a child to drown in.

Fiction: I can leave my child alone in the bath for a few seconds/minutes while I grab something I forgot, or to go to the toilet.

Fact: Drowning can occur in a matter of moments and you should never leave your child without active adult supervision. Ensure you have everything you need before filling the bathtub.

Fiction: A bath seat keeps a child safe in the bath.

Fact: Children have drowned while in a bath seat. Using a bath seat does also not replace the need for constant active adult supervision.

Fiction: Young children are naturally docile and do not like to explore around water.

Fact: Children are a naturally inquisitive group and are attracted to water. Children under 5 years of age are especially at risk because of their natural curiosity about their environment.

Fiction: When children are drowning they will make a lot of noise and cry and call for help.

Fact: This is a common misconception, when children drown it is silent.

Fiction: Children splash, yell and make noise when drowning.

Fact: Drownings are often silent. Many parents mistakenly believe they can listen out for their child, but drowning can occur in a matter of seconds without any splashing or crying to alert parents/caregivers.

..... LEARNING TO SWIM IS GREAT

BUT YOU CAN'T DROWNPROOF A CHILD!

.....
SUPERVISE. CREATE RULES. LEARN RESUSCITATION.
.....

Contact your local Council or visit:
swimmingpoolregister.nsw.gov.au
bepoolsafe.com.au

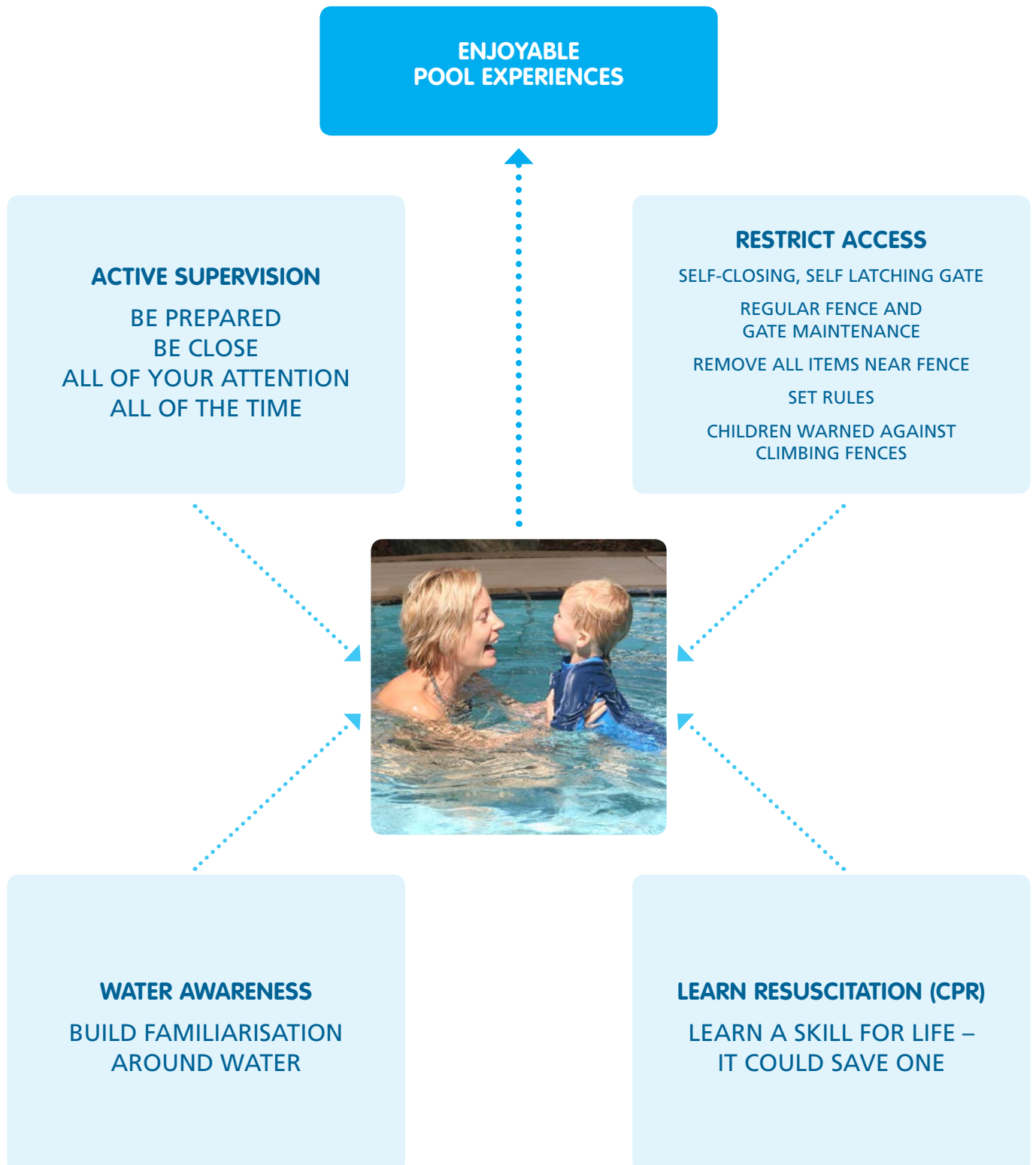
 **Be Pool Safe.**



THE 4 ACTIONS THAT SAVE CHILDREN'S LIVES

There are four key drowning prevention Actions. These should not be used individually but together to maximise child safety – if one line of defence fails, the other prevention measures will be actively working to prevent your child from drowning.

KEY ACTIONS FOR SWIMMING POOL SAFETY



ACTIVE SUPERVISION

Always supervise your child within arms' reach

Active supervision means focusing all of your attention on your children all of the time, when they are in, on or around the water. Supervision is not an occasional glance while you are busy with other activities, but being in constant visual contact with your child.

Depending on your child's age, you may even need to be in the water and within arms' reach at all times. For older children, be ready to enter the water in case of an emergency.

Parents are busy and often try to do many things at once to save time. But when you multi-task you can too easily become distracted and not give your full attention to the safety of your children.

Older children too are not equipped to deal with the responsibility of supervising children. It is an adult's job and children of any age should never be burdened with the responsibility.

Royal Life Saving believes that one of the smartest ways to supervise children is to have a designated supervisor. Responsibility can be rotated and if there is a large number of children to supervise, leave an adult stationed at each different place where the children will play to monitor that area.

Active supervision has four key components:

- ✔ **Be Prepared** – Always make sure you have everything ready when going swimming e.g. towels, dry clothes etc.
- ✔ **Be Close** – Always be within arm's reach of your child.
- ✔ **All Of Your Attention** – Focus all of your attention on your child and watch, talk and play with them when they are in the water.
- ✔ **All Of The Time** – You should never leave your child alone in the water, nor should they be left in the care of an older child.
- ✔ **Take your child with you.**
If you leave the swimming pool area.
- ✔ **Setting up rules and boundaries** for children are essential to their safety.

ARE YOU REALLY, REALLY SUPERVISING?

BE PREPARED, BE CLOSE, ALL OF YOUR ATTENTION, ALL OF THE TIME!



RESTRICT ACCESS TO WATER – FENCE AND GATES

Provide Barriers to Water Locations

- Statistics show that the most common location where drowning occurs for children under 5 years of age is the home pool or spa.
- Stop children drowning in your swimming pool or spa by installing a fence that meets Australian Standard AS 1926.
- Fencing that isolates your pool from the house is the most effective method.
- Once a fence and self-closing, self-latching gate are installed, they must be kept in good working order.
- Check your fence and gate now, and then on a regular basis. Download a checklist now from www.swimmingpoolregister.nsw.gov.au
- Remember, one of the most common areas of weakness in a pool fence is a weak or faulty gate latch. Are the latches working properly? Does it close first time, every time? Check the gate and fence now.
- Is there anything leaning against the swimming pool fence which a child could use to climb over the fence? If so, take it away now.
- Inflatable pools need to be fenced if they are able to be filled to a depth of 300mm or more.
- The fence can also act not only as a physical barrier but also as a psychological barrier when parents reprimand children for climbing the fence.

Actions for Parents and Carers

CAN YOU TICK THE FOLLOWING KEY SAFETY REQUIRMENTS?

- All water bodies, including inflatable pools and wading pools, over 300mm in depth fenced.**
- Gate installed that self-closes and self-latches.**
- Fence and gate regularly maintained.**
Checklist from www.swimmingpoolregister.nsw.gov.au completed.
- Objects leaning against or near the pool fence that a child could use to climb over removed.**
- Children reprimanded if climbing on pool fence.**

CLOSE THE GATE EVERY, EVERY TIME!



WATER AWARENESS

Building familiarity and confidence

Water awareness combines a range of strategies and activities designed to keep your child safe when in, on, or around water. These include water familiarisation, checking for and removing water hazards, setting rules around water and discussing water safety with your child.

Water awareness classes, focus on the gradual introduction of very basic skills for children aged 6 to 36 months like moving in the water, getting the face wet and blowing bubbles. It is all about developing confidence.

From five years children are suitable for learn to swim classes. These programs will extend the basic skills into recognisable swimming strokes.

But you can also use bath time as a time for water awareness. Let your baby or child feel, experience and play with water. Put rules in place for when they go near water and ensure parents and adults uphold these rules themselves to set a good example. When visiting new aquatic locations you can examine these together with your child and discuss any safety issues and rules for that location with your child.

Remember:

- ✔ Use bath time as a time for water awareness.
- ✔ Create rules for children when they go near the swimming pool.
- ✔ Discuss hazards and risks at new locations and set rules.
- ✔ Allocate a designated supervisor whenever children are in the pool area.
- ✔ Always enforce rules.
- ✔ Visit your local pool to find out how to participate in water familiarisation and learn to swim classes.



NO CPR CHART? YOU'RE BREAKING THE LAW!

EVERYONE CAN BE A LIFESAVER



A GUIDE TO CPR

KEEP WATCH

WWW.KEEPWATCH.COM.AU

- YOUNG CHILDREN SHOULD BE SUPERVISED WHEN USING THIS SWIMMING POOL.
- POOL GATES ARE TO BE KEPT CLOSED AT ALL TIMES.
- KEEP ARTICLES, OBJECTS AND STRUCTURES AT LEAST 900 MILLIMETRES CLEAR OF THE POOL FENCE AT ALL TIMES.

DANGER

CHECK FOR DANGER
TO SELF / TO BYSTANDERS / TO CASUALTY / REMOVE HAZARDS

RESPONSE

CHECK FOR RESPONSE
CAN YOU HEAR ME / OPEN YOUR EYES / WHAT'S YOUR NAME
SQUEEZE MY HAND / PLEASE LET GO

SEND

SEND FOR HELP
CALL OR ASK A BYSTANDER TO PHONE '000'

AIRWAY

OPEN AIRWAY
CHECK AND CLEAR / POSITION CASUALTY ON BACK
SUPPORT HEAD, TILT SLIGHTLY, CHECK AND CLEAR MOUTH

BREATHING

BREATHING NORMALLY?
YES, PLACE IN RECOVERY POSITION / NO, COMMENCE CPR

CPR

COMMENCE CPR / 30:2
GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 RESCUE BREATHS

LOCATE COMPRESSION POINT
FIND THE CENTRE OF THE CHEST.
PLACE THE HEEL OF YOUR HAND ON THE COMPRESSION POINT WITH THE FINGERS PARALLEL TO THE RIBS AND SLIGHTLY FINGERED. PLACE YOUR OTHER HAND ON TOP OF THE FIRST.



CHEST COMPRESSIONS
COMPRESS TO APPROX 1/3 OF DEPTH OF CHEST.
30 COMPRESSIONS AT A RATE OF 100 PER MINUTE.



RESCUE BREATHS
SUPPORT HEAD AND JAW. A SLIGHT HEAD TILT MAY BE NECESSARY TO OPEN THE AIRWAY. DELIVER 2 BREATHS ALLOWING 1 SECOND PER INHALATION.



RECOVERY POSITION
IF NORMAL BREATHING RETURNS, POSITION CASUALTY ON SIDE. ENSURE THE AIRWAY REMAINS CLEAR.



FOR INFANTS (BIRTH - 1 YEAR): DO NOT TILT HEAD. COVER BOTH NOSE AND MOUTH FOR RESCUE BREATHS. USE 2 FINGERS TO COMPRESS CHEST 1/3 OF DEPTH.

DEFIBRILLATION

ATTACH DEFIBRILLATOR (AED) AS SOON AS AVAILABLE
FOLLOW AED PROMPTS / CONTINUE CPR UNTIL SIGNS OF NORMAL BREATHING AND RESPONSIVENESS RETURN



THE INFORMATION CONTAINED IN THIS POSTER IS RECOMMENDED FOR AQUATIC RELATED EMERGENCIES. IT IS NO SUBSTITUTE FOR FORMAL INSTRUCTION. ENROL IN A CPR COURSE AND UPDATE YOUR SKILLS ANNUALLY. © RLSA 2012

FOR MORE INFO CALL: 1300 737 763

ALL SWIMMING POOLS ARE REQUIRED TO HAVE A CPR CHART DISPLAYED WITHIN THE SWIMMING POOL AREA

Contact your local Council or visit:
swimmingpoolregister.nsw.gov.au
bepoolsafe.com.au

CHECKLIST FOR NSW POOL OWNERS

It is important that all NSW pool owners inspect their pool and undertake regular maintenance. To assist with this there are a range of checklists that you can utilise.

To find the right self-assessment checklist you will need to know a few things about your pool:

- When was it built or installed?
- If the pool fence or means of access to the pool was substantially rebuilt or altered, when did that last occur?
- What type of pool do you have - indoor? spa pool? outdoor? portable?
- Was the pool built before 1 July 2010. If so, the rules are different if you have:
 - a waterfront property,
 - a small-sized property (less than 230 square metres)
 - or a large property (over 2 hectares).

Which pool barrier self-assessment checklist do I use?

| Checklist | Used for |
|------------------------------------|--|
| Indoor Pool | Use this checklist for all indoor pools, including spas that do not have a lockable child-resistant lid. |
| Spa | Use this checklist for all Spa pools except indoor spa pools |
| Outdoor Pool 1 | Use this checklist for outdoor pools built before 1 September 2008 that are not on waterfront, large-sized or small-sized properties |
| Outdoor Pool 2 | Use this checklist for outdoor pools that were built between 1 September 2008 and 30 April 2013 that are not waterfront, large-sized or small-sized properties Applies to all pools built between 1 July 2010 and 30 April 2013 regardless of property type |
| Outdoor Pool 3 | Use this checklist for outdoor pools built after 1 May 2013 |
| Portable or Inflatable Pool | Use this checklist for all portable or inflatable pools |
| Outdoor Pool - Waterfront Property | Use this checklist for outdoor pools that are not spas or portable/inflatable pools built on waterfront properties |
| Outdoor Pool - Large Property | Use this checklist for outdoor pools that are not spas or portable/inflatable pools that are built on properties of 2 hectares or greater in size |
| Outdoor Pool - Small Property | Use this checklist for all outdoor pools that are not spas or portable/inflatable pools built on properties that are less than 230sqm in size |

Note: These self-assessment checklists are provided to give you an indication about whether or not your pool barrier meets the requirements in NSW. A professional inspector will use a more comprehensive and technical checklist that may result in a different outcome.

You can download these checklists at:
swimmingpoolregister.nsw.gov.au/checklists
bepoolsafe.com.au

NSW Swimming Pool Register
 POOL 'SELF ASSESSMENT' CHECKLIST - INDOOR POOLS

Does your pool meet the safety standards?

| | | |
|---|-----------------------|---------------------------|
| Window restrictions for indoor pools | | |
| The windows can only open to a maximum of 100mm | <input type="radio"/> | Yes <input type="radio"/> |
| OR The windows are totally covered by bars or a mesh screen | <input type="radio"/> | Yes <input type="radio"/> |
| OR The height from the sill of the lowest opening panel of a window (to the pool area) is at least 1800mm from the floor | <input type="radio"/> | Yes <input type="radio"/> |
| Doors that have access to pools | | |
| There is a latch on the door at least 1500mm above floor level | <input type="radio"/> | Yes <input type="radio"/> |
| Doors open away from the pool area and are self-latching | <input type="radio"/> | Yes <input type="radio"/> |
| There are no pet doors or openings greater than 100mm | <input type="radio"/> | Yes <input type="radio"/> |
| Wall restrictions for indoor pools | | |
| There are no wall openings greater than 100mm | <input type="radio"/> | Yes <input type="radio"/> |
| Around the pool | | |
| There is an appropriate warning sign, including details of resuscitation (CPR) techniques, in the immediate vicinity of the pool area which can be easily read from a distance of 3 metres. | <input type="radio"/> | Yes <input type="radio"/> |

If you have answered 'No' to any of the questions above, please contact your local council for further information.
bepoolsafe.com.au / swimmingpoolregister.nsw.gov.au

NSW Swimming Pool Register
 POOL 'SELF ASSESSMENT' CHECKLIST - SPAS

Does your pool meet the safety standards?

| | | | | | |
|--|--|--|-----------------------|---------------------------|----|
| The spa is covered by a child-resistant lockable lid | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| There is an appropriate warning sign, including details of resuscitation (CPR) techniques, in the immediate vicinity of the pool area which can be easily read from a distance of 3 metres | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| OR The spa is enclosed by a pool fence and gate* | | | | | |
| The pool fence must be at least 1200mm high all the way around measured from the outside of the pool | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| If a boundary fence forms part of the pool fence: | | | | | |
| • For pools built before 1 September 2008 - it must be at least 1200mm high | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| • For pool built after 1 September 2008 - it must be at least 1800mm high | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| The gap between the bottom of the fence and the ground must be no more than 100mm | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| All vertical or near vertical rails on the fence must be less than 100mm apart | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| There are no potential hand holds or foot holds within 900mm of the top of the pool fence in any direction. | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| There must be a 300mm clearance from the barrier inside the pool area | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| If perforated or mesh fencing is used, the holes must be 13mm or less | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| Your pool fence must be well maintained and in a good state of repair (eg no holes, broken rails or galling) | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| The gate must be self closing and latch by itself from any position | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| The gate latch must be working well so that the gate is secure and, once closed, can't be pulled open | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| The gate must open outwards, away from the pool area | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| The gap between the vertical barriers of a gate must be no less than 100mm | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| The gate latch must be 1500mm above ground level, or if located inside the gate, 1200mm above ground level and at least 180mm below the top of the gate | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| Are you aware it is dangerous and against the law to prop the gate open? | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| If a wall forms part of the barrier, then there should not be an opening greater than 100mm | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| All windows can only open to a maximum of 100mm | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| or the windows must be totally covered by bars or a mesh screen | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| The height from the sill of the lowest opening panel of a window (to the pool area) has to be 1800mm from the floor | | | <input type="radio"/> | Yes <input type="radio"/> | No |
| Your pool fence must be clear of any objects such as BBQs, trees, rocks, shrubs and deckchairs that could help a small child climb over the fence | | | <input type="radio"/> | Yes <input type="radio"/> | No |

If you have answered 'No' to any of the questions above, please contact your local council for further information.
bepoolsafe.com.au / swimmingpoolregister.nsw.gov.au



.....

SUPERVISED CHILDREN NEVER DROWN

.....

**BE PREPARED
BE CLOSE
ALL OF YOUR ATTENTION
ALL OF THE TIME!**

.....

Contact your local Council or visit:
swimmingpoolregister.nsw.gov.au
bepoolsafe.com.au



LIFE STAGES APPROACH

As our children grow they become exposed to various risks. As they become “mobile” they have a greater awareness of their surroundings and seek to explore these at every opportunity. This exploratory phase can lead to a child coming into contact with the swimming pool area. These areas are normally associated with fun and activity and therefore are a highly desirable location for young children.

By understanding your child’s developmental life stage you can be better prepared to deal with the various risks and hazards that impact specific age groups.



0-12 months

Always actively supervise children around water

Across the past ten years, on average, 11 children per year between the ages 0 and 12 months have drowned in Australia. Three quarters of these drowning deaths occurred around the home, in bathtubs, backyard swimming pools, buckets and eskies.

Bath time poses one of the highest risks of drowning for infants, with 55 children drowning in bathtubs and spa baths in the past twelve years (2002/03-2013/14). A lack of adequate adult supervision is the main cause of drowning deaths in this life stage.

Actions to prevent your child aged 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 and sunscreen
- 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
- Empty buckets and containers that can hold water



12-36 months

Always actively supervise children around water

Across the past twelve years, an average of 25 children between the ages of 12 and 36 months have drowned each year 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 occurred in home swimming pools thus 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
- 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



3 to 5 years

Always actively supervise children around water

Ten children between the ages of 3 and 5 years drown every year in Australia, on average. Almost 50% of all drowning deaths occurred in home swimming pools. Boys in this age group are two times more 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
- 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

LEARN RESUSCITATION (CPR)

CPR and First Aid skills will make your home pool environment safer. Not only are these skills for life, but should something go wrong around the home pool, there will be someone on hand with the skills to act.

Enrol in a course today and empower you and your family with the skills to deal with a water emergency. Royal Life Saving runs courses in:

First Aid

Gain the knowledge and skills to administer first aid until medical help arrives. Anyone at any time may need to give urgent assistance and a Royal Life Saving First Aid course will equip you with the necessary skills. Nationally recognised and compliant with Workplace Health and Safety conditions, delivery options include flexible, face-to-face and increasingly popular First Aid in a Box™ online learning.

Resuscitation (CPR)

Learn about CPR, Defibrillation, Oxygen Resuscitation and Emergency Care. The earliest response with CPR (Cardiopulmonary Resuscitation) could save a person's life.

Course Delivery options

Delivery modes vary depending on your selected course and may include:

1. Face-to-Face – Classroom based includes theory, practical instruction and assessment
2. Flexible delivery – Self-paced pre-learning and classroom based delivery.
3. On-line - Self-paced E-learning before attending a face-to-face practical assessment

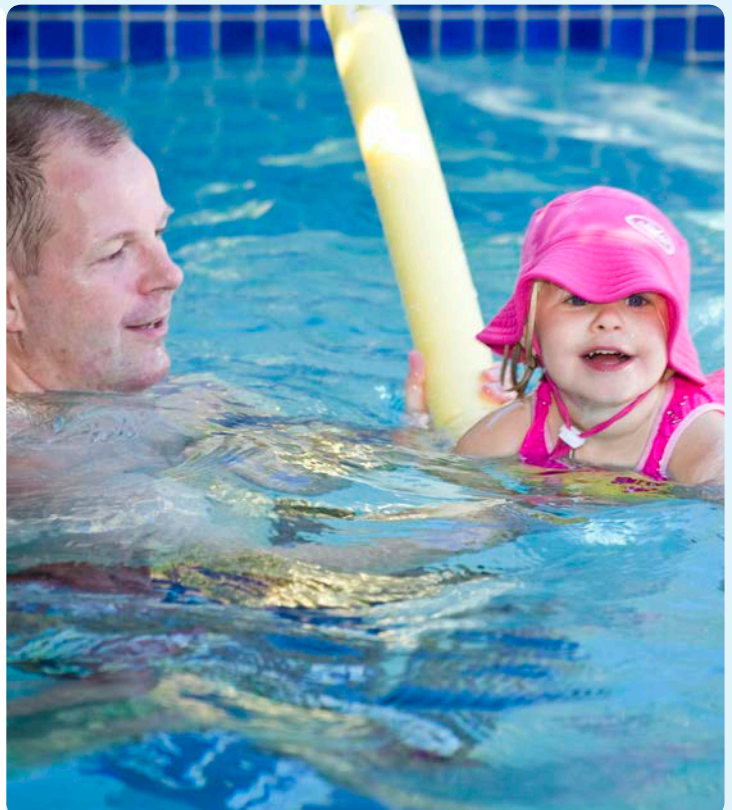
For more information on a course and to enrol, visit: www.royallifesaving.com.au/training



CASE STUDY: Parents Perform CPR

In February 2008, knowing CPR helped one husband and wife save their two children from drowning. With their parents momentarily distracted while visiting relatives, the couple's two sons made their way into a backyard swimming pool.

After a relative raised the alarm, the boys were found pale and unconscious. Each parent immediately began performing CPR on the boys and they each vomited up water. Gradually the boys began to gasp for air and started breathing as ambulances arrived. They have since made a full recovery and their parents credit knowing CPR with saving the lives of their boys.



..... RESULT?

DEVASTATION

.....



.....

ARE THE LATCHES WORKING PROPERLY?
DOES IT CLOSE FIRST TIME, EVERY TIME?

.....

CHECK THE FENCE AND GATE NOW!

.....

Contact your local Council or visit:
swimmingpoolregister.nsw.gov.au
bepoolsafe.com.au



WORKING WITH POOL CHEMICALS

Storage and Use

- Read the label before purchasing any chemical. Understand the correct use and any dangers posed by the chemical.
- Choose the least dangerous product that will do the job, especially if children are present.
- Lock up swimming pool chemicals:
 - In a cabinet in a dry well-ventilated area
 - Away from other chemicals or substances including hydrocarbons (petrol, kerosene, oil etc.)
 - Out of the reach of children. Remember, children are curious, inventive and good climbers.
- Do not inhale dust or fumes from any pool chemicals. Ensure adequate ventilation.
- Add chemicals to water. Never add water to chemicals.
- Hands must be clean and dry. Always wash hands before and after handling chemicals.
- Safely dispose of spilt chemicals. Do not be put back into their containers.
- Never mix chemicals together. Use a clean scoop for each chemical.
- Never reuse old chemical containers.
- Promptly wash off any residues which get on your skin.
- Follow the manufacturer's instructions and wear protective clothing: gloves, safety goggles, long-sleeved shirts, etc.

Safety Precautions



Face Mask or Eye Protection



Protective Clothing



Enclosed Footwear



Remember to use Gloves

Action

Follow first aid instructions. If skin or eyes are burnt, if chemical has been swallowed or ingested or fumes inhaled - seek immediate medical attention. Remember the Poisons Information Line: 131 126.

OR IN CASE OF AN EMERGENCY
CALL TRIPLE ZERO (000)

TIP: TALK TO YOUR LOCAL SWIMMING POOL AND SPA SHOP ABOUT CHEMICAL DOSING AND WATER QUALITY TO ENSURE ITS APPROPRIATE FOR SWIMMING.



CAUTION
POOL
CHEMICAL
STORAGE

RESTRICTED
AREA
AUTHORIZED
PERSONS
ONLY

ENJOY YOUR SWIMMING POOL

Visit your Council website for local information and support.

This Guide has been developed to ensure you have a wonderful time in and around your backyard swimming pool. By implementing some simple practices and behaviours you will provide your family and friends with many fun and enjoyable experiences. It is vitally important that you maintain active supervision whenever anybody is within the pool area. In addition, please ensure you undertake regular inspections of your fence and gate to ensure it is in proper working condition.

ONLINE RESOURCES

bepoolsafe.com.au

NSW Swimming pool legislation including videos, fact sheets and translated materials.

swimmingpoolregister.nsw.gov.au

Up to date checklists and swimming pool registration.

olg.nsw.gov.au

Office of Local Government with NSW Council contacts.

bpb.nsw.gov.au

The building professionals board provides information on private certifiers who can inspect your pool.



FOLLOW ROYAL LIFE SAVING

 facebook.com/RoyalLifeSaving

 twitter.com/royallifesaving

 youtube.com/RoyalLifeSavingAust

 royallifesaving.com.au



ROYAL LIFE SAVING NSW CONTACT DETAILS:

To ensure we stay in tune with the needs of the diverse communities that make up our aquatic facilities, Royal Life Saving maintains a network of offices throughout NSW.

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 |

www.royallifesaving.com.au

PROUDLY SUPPORTED BY



EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA