

Water Safety

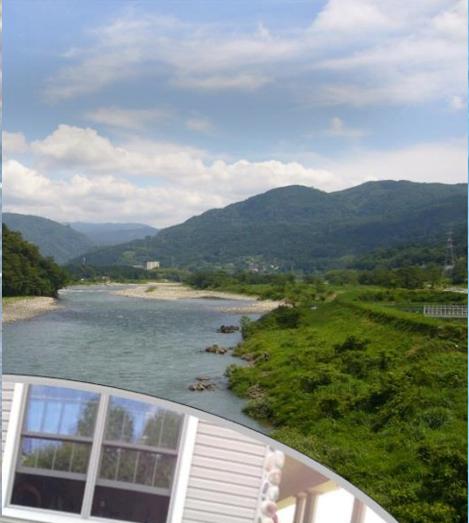


The man who is swimming against the stream knows the strength of it.
Woodrow Wilson.



2020







Learning outcomes

- Increased awareness of the prevalence of water injuries to children.
- Increased ability to identify risk factors for drowning episodes (across different age groups).
- Increased ability to identify other risk factors that influence the occurrence of a drowning episode.
- Practical strategies that will protect children in and around water.

Define Water Activities

- Related to the use of swimming pools, splashing/wading pools, sprinkler play, or other bodies of water.



What is drowning?



Drowning is a process where breathing is impaired by immersion in water (either the face or the whole body) and a loss of consciousness occurs. (WHO 2002)

There are **two outcomes** of drowning:

- **Fatal drowning** (death)
- **Non-fatal drowning** (survival)

Drowning is avoidable



1 IN 5

The average number of child drowning episodes across every year 1 IN 5



17

The average number of children who fatally drown every year, on average.



1:10 fatal to non-fatal ratio

Non-fatal drowning can result in:

- **Coma**
- **Organ damage**
- **Permanent disability**
- **Brain death**
- **Neurological injury.**

A moments distraction can lead to a lifetime of regret.





Activity 1

With each statement:

Go to **right** side of room if you think that the statement is **true** or the **left** side of the room if you think that the statement is **false**.

1. Drowning is usually not silent – the person is splashing, struggling and/or screaming and thus can be heard.
 2. 9 out of 10 children who have drowned have been supervised.
 3. Almost half of all child drowning deaths occur in rural and remote areas.
 4. Inflatable pools don't pose the same drowning hazards.
 5. Approximately 10,000 Australian children leave primary school each year without sufficient skills to survive in water.
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Division 7, Ratios for Water Activities §746.2101.

Must I have additional caregivers for splashing/wading activities?

- *Subchapter E, Child/Caregiver Ratios and Group Sizes*
- *Division 7, Ratios for Water Activities*
- *September 2003*
 - Medium-High (a) The maximum number of children one caregiver can supervise while children use a splashing or wading pool (two feet of water or less) is based on the age of the youngest child in the group and is specified in the following chart:
 - **Ratio for Splashing or Wading Pools (Two Feet Deep or Less)**

Ratio for Splashing or Wading Pools (Two Feet Deep or Less)

If the age of the youngest child is...	Then you must have (number) adults to supervise...	Every (number) children.
0 – 23 months	1	1
0 – 23 months	2	4
2 years	1	2
2 years	2	5
3 years	1	6
4 years	1	16
5 years	1	20
6-8 years	1	22
9 years and older	1	22

- When children are mixing with children and adults who are not from your child-care center during splashing or wading activities, the child/caregiver ratios for field trips as specified in §746.1801 of this title (relating to Do I need additional caregivers when I take children away from the child-care center for field trips or walks?) must be followed.

§746.2105. What are the child/caregiver ratios for swimming activities?

Subchapter E, Child/Caregiver Ratios and Group Sizes

Division 7, Ratios for Water Activities

- **High** (a) When your child-care center uses a swimming pool (more than two feet of water), there must be at least two caregivers supervising the children if four or more children are swimming.

Ratio for Swimming Pools (More Than Two Feet Deep)

If the age of the youngest child is...	Then you must have (number) adult to supervise...	Every (number) children.
0-23 months	1	1
2 years	1	2
3 years	1	6
4 years	1	8
5 years	1	10
6 years and older	1	12

Varying levels of children's comfort and skill in the water combined with the increased difficulty seeing children in the water requires closer supervision to reduce the risk of drowning.

Children can struggle for as little as **20 seconds** when drowning. Every child needs to be seen by the supervising adult every 10 seconds while in and around water.

There can be "no exceptions, no excuses."

If the supervising adult needs to miss a 10-second count, another adult must take over the supervision or the water activity should be suspended until the count can resume.

In the time it takes to answer a phone, grab a towel, fill a water bottle, talk with a parent, sign for a package... we could lose a child.

The typical adult may be able to struggle for up to 1 minute while drowning.

Young children tire quickly, often in 10-20 seconds.



Activity 2

Why do children drown?

- ❖ In small groups, read and discuss the handout '*Factors that contribute to children drowning*' and its three sections:

- Factors relating to parents and carers
- Factors relating to the child
- Factors relating to the aquatic environment

- ❖ The handout does not provide an exhaustive list of every contributing factor.
 - ❖ What additional factors can you identify, in any category?
-



0 to 1 year olds

- This age group is more likely to drown in a bath tub.
- Buckets are the 2nd most common location for under one's.

SOME ACTIONS YOU CAN TAKE TO AVOID DROWNINGS

- Never take your eyes away from a child in the bath, not even for a minute.
- **Don't leave an older child to supervise this age group in the bath.**
- Once bath time is over, empty bath and put the plug out of a child's reach.
- Use a suction mat to prevent slipping.
- Empty buckets, COOLERS etc. immediately after use, and turn upside down.

REMEMBER: BATH AIDS ARE NOT SAFETY DEVICES

Fact check

- In most states, drowning is **the 2nd leading cause of injury death for 1 and 2 year olds.**
- American Academy of Pediatrics has stated that generally, children are not developmentally ready for swimming lessons **until after their fourth birthday.**
- Children can drown in much less than an **inch of water.**
- In Arizona, California, Florida, and Texas, drowning is the leading cause of death in 1 and 2 year olds.

Preventing children from gaining access to drowning situations includes:

- locking the pool gate, the hot tub or spa cover or fence,
- hook and eye latching the bathroom door,
- use a secure, tight fitting lid for fish tanks, and
- never leave a bucket of water available for unsupervised access.

REMEMBER

Waving, splashing, and yelling during drowning (as shown on television and in movies) is **rarely** seen in real life.

Because of the **"Instinctive Drowning Response"** the victim's arms and hands are pushing down on the water surface try to bob for air. Hand waving and attention grabbing splashing isn't usually possible.

Many people have drowned because possible **rescuers didn't recognize** the bobbing actions as drowning behaviors.

Because victims are struggling to breath, there is **no extra air left for calling out for help.**

Two people per minute drown world wide.



1 to 4 year olds

- Swimming pools are the most common location for drowning episodes for this age group.
- Dams and other rural water hazards are the 2nd most common location.

SOME ACTIONS YOU CAN TAKE TO AVOID DROWNINGS

- Being in the water with the infant or toddler is **critical** for this age group.
- **Never** ever prop open the pool gate.
- Teach the child to wait for your OK before getting into the water.
- **Fence off** a '**safe play area**' on your rural property to prevent wandering.
- Keep the phone right beside you when children are in the water.
- **Remove toys** from in or around the pool when not in use – they will attract young children back to the area.

REMEMBER: WATER WINGS AND RINGS ARE NOT SAFETY DEVICES



5 to 9 year olds

- Rural and remote locations sites were the most likely location for a fatal drowning, such as dams etc.
- Swimming pools are the most common site for a non-fatal drowning.

SOME ACTIONS CAN YOU TAKE TO AVOID DROWNINGS

- Enforce clear rules around water – e.g. ban certain areas as play areas.
- **Always supervise – maintain arms length.**
- Get information about the child's water skills before placement.

REMEMBER: JUST BECAUSE A CHILD CAN SWIM THEY ARE NOT DROWN-PROOF.



10 to 18 year olds

- This age group is more likely to fatally drown in rural and remote locations like rivers, creeks and weirs where water is moving or has a strong current.
- Unpatrolled surf beaches are also a location of risk for this age group.

SOME ACTIONS YOU CAN TAKE TO AVOID DROWNINGS

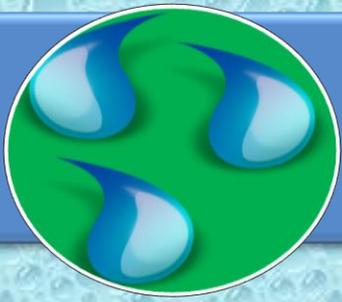
- Enforce clear rules around water – e.g. ban breath-holding contests and other risk taking behaviours.
- Teach the young person how to read water conditions before entering water – e.g. rips, undercurrents, objects in water etc.
- Get information about the child's water skills before placement. If they can't swim, enrol them in a water safety/skills class.

REMEMBER: SOME WATER GAMES CAN BE DANGEROUS AND LEAD TO SUDDEN UNCONSCIOUSNESS IN THE WATER.

Real Life Story

Child 10 found face down in pool

Mystery surrounds the death of a 10 year old girl who died after she was found face down in a backyard pool. Her family insist she was a strong swimmer. She was in the pool with her sister while her father was doing housework before he was planning to join them for a swim. She became the second drowning victim in less than a week.



Layers of protection

It is important to build **layers of protection**

1. **Supervise**
2. **Restrict access**
3. **Water awareness**
4. **Resuscitate**





1. Supervise

Supervision in water means:

- ✓ By a responsible adult
- ✓ All of the time
- ✓ All of your attention
- ✓ Constant visual contact
- ✓ Be close – touch supervision for the under 5s
- ✓ Be prepared
- ✓ Never leave even for a minute.

Close

Constant

Focused

Supervision does not mean:

- ✗ By another child or young person
- ✗ By an adult affected by alcohol or drugs
- ✗ By an occasional glance
- ✗ While you are distracted (texting, talking etc.)
- ✗ Not being in close proximity

Must a certified lifeguard be on duty when children are swimming in more than two feet of water?

Must I have additional caregivers for sprinkler play?

- **§746.2109.**
- **High** Yes. When children are swimming in **MORE THAN 2 FEET** of water, a certified lifeguard must be on duty at all times.

*Subchapter E, Child/Caregiver Ratios and Group Sizes
Division 7, Ratios for Water Activities
September 2003*

- **§746.2117. Medium**-High We DO NOT require additional caregivers for sprinkler play; however, you **MUST NOT** leave a child alone with the sprinkler equipment.

*Subchapter E, Child/Caregiver Ratios and Group Sizes
Division 7, Ratios for Water Activities
September 2003*

- **All persons** included in the ratios for water activities **MUST BE ABLE TO SWIM** and must be prepared to do so in an emergency !
- Swimming or wading pools **must be emptied or removed** from play areas when not in use or must be otherwise protected by fencing or suitable barriers to prevent children from gaining access without staff approval and supervision.

Real Life Story

Girl drowns at a public pool

A drowning was reported at the public pool. An unconscious toddler had been pulled from the pool and CPR was performed by a family member.

About 70 people were at the pool at the time. The girl had been at a party at the pool with her family. Attempts to revive her were unsuccessful and she died later in hospital.

2. Restrict access



Barrier around the water

From November 2015 all pool fences and barriers must comply with current pool safety laws - Includes spas & portable pools of 300mm or more of water.

Remove all climbable objects from fence perimeter (including shrubs).

Replace, tighten and adjust gate hinges – fence and gate maintenance is critical.



Real Life Story

Boy Drowns in Farm Dam

A family was left grieving after their toddler son drowned in a dam on their family farm. The couple's only son drowned when he wandered off from the main house and walked a kilometre to get to the dam. The father found his son 2 hours later in the dam and dragged him to shore before starting CPR.



3. Water awareness

Water awareness is an important life skill for all children and includes:

YOU setting rules that promote water safety.....

Knowing the child's survival skills and capability in water such as floating, treading water and swim survival strokes.....

Both you and the older child being able to recognise and avoid danger in and around water.

Older non-swimmers: requires urgent formal and informal opportunities to learn both water awareness and water skills.

Water awareness can include a range of strategies

Babies and toddlers: using bath time to familiarise child with water.

Pre-schoolers: having fun in the water with the child, and considering enrolment in a water familiarisation program.



ACTIVITY 4

WATER SURVIVAL, SAFETY AND RESCUE SKILLS



- ❖ In pairs, read the lists of skills and statements.
- ❖ Match each statement to the correct skill.



4. Resuscitate

Have the knowledge and ability to rescue a child without risking your life.

- Have an emergency action plan.
- Many children are alive today because their parents or carers knew how to perform Cardio-Pulmonary Resuscitation (CPR).
- A CPR chart **must** be located in the pool area.
- In a drowning situation, any CPR action is better than no action.
- Accreditation at a CPR course takes only 4 hours.

- When supervising an aquatic activity, have a phone beside you.
- If a child's whereabouts is unknown, search all water hazards first.
- Learning CPR may be critical for rural communities when ambulatory services are further away.
- Teach children how to contact emergency services.



Review – what have we just learned?





We need to remember as Child care Providers and staff

We all share responsibility for children's safety when in, on or around water.

All Staff have completed a session like this on water it is mandatory.

You will gather information about a child's swimming ability, and consider risks and the water supervision required, and provide this information to you. If not, ask for it.

If a child has limited experience in water, then consider their enrolment in a water familiarisation or swim program.

If you have a pool or other water hazard at or near your premises, then discuss a strategy to manage this during the Placement Agreement.

