

Keeping kids SAFE near water checklist

A Checklist for your fridge

At home

- I/we always watch my/our child at bathtime.
- I/we have a non-slip mat in the bath or shower.
- I/we keep the plug for the shower or bath out of reach of children.
- I/we keep water containers out of the reach of children.
- I/we empty and store paddling pools and water containers after use.
- I/we have a safe fenced play area for children.
- I/ we have identified water hazards in our home.
- Older children help keep our house water safe for small children.

If you have a swimming or spa pool

- I/we have it properly fenced and make sure the gate is NEVER left open.
- I/we have planned what to do if there is a pool emergency.

Our neighbourhood

- I/we have checked out water hazards in our local area and made sure my/our children cannot reach them.

On an outing, picnic etc

- I/we set up an active supervision rosters so a named person(s) is actively watching the children at all times.
- I/we make sure older children do not have to take responsibility for younger children.

Safety Rules

- I/ we are teaching our children water safe behaviour like:
Never going near the water unless Mum or Dad or another grown up is watching you.
- I/we are teaching our children to swim.

www.watersafety.org.nz

Be Water Wise

Around ten children under the age of five drown in New Zealand every year. Most drownings occur at home when children are left unsupervised near or in water.

Drowning is a silent activity

It takes about one minute for a child to fall into water and drown. Children do not cry out as they are drowning.

You will not know your child is in trouble unless you are WATCHING them.

Drowning doesn't need a lot of water. Children can drown in less than 5cm of water.

Watching

Watching means having your full attention on your child and not doing anything else at the same time.

Watching while you are on the phone, talking with a friend, mowing the lawn or dealing with the washing will not keep your child safe.



9 months to arrive

3 years to grow

2 minutes left alone

1 minute to drown

Children Under 5 Always within reach and within sight of an adult.



Water Safety
NEW ZEALAND
Water Safety Organisation

Keep kids safe near water

Under 5
WaterWise

Bath and showers

Never leave small children alone in a bath or shower.

Plan to be able to give your child your full attention at bath time.

Ignore the phone.

Make sure other children are organised.

Take your child with you if you must leave the bathroom. Leaving a small child in a bath, EVEN FOR A MOMENT, is not safe.

Never leave two children playing in the bath. Young children cannot recognise danger.

Always maintain hand contact with children under 12 months.

Bath and shower with your child to give them confidence and share the experience.

Show your child some fun things to do with water. This will help them become confident about:

- having water on their face
- lying on their front or back and kicking
- blowing bubbles
- floating.



Home pools and spa pools

If you have a home pool work out how you can make this pool safe for small children at all times.

Although we have laws to make sure home swimming pools are fenced and have a self-latching gate, children under 5 drown in home pools every year.

Public pools

In a public pool children under 8 must be actively supervised by an adult 16 or older.

Mum, Dad or an adult should be in the pool with children under 5.

If you are not in the pool make sure you can act quickly if required.

Watching a number of children of different ages, or watching while having a coffee, is not supervision and could lead to an accident.

A lifeguard cannot watch one child all the time.

Family outings near water

Children can drown at family gatherings. Often a number of adults are casually watching a group of children but no-one sees a young child get into trouble.

Use a plan where adults take turns at active watching or supervising a small group.

One adult should not try to watch a large group of children on their own, or to watch groups of children doing different activities.

Older children should not be given the responsibility of watching younger children in or near water. Older children are often enjoying the water themselves and do not understand the speed with which small children can get into trouble.

In a boat children must always wear a properly fitting lifejacket.

Check the marine forecast and local conditions before you go on or in the water.

At rivers, lakes and beaches

An adult should be in the water with a child under eight. The adult needs to be close enough to reach out and help them if required.

Always swim between the flags. Wearing floatation aids like arm bands is not encouraged. They can give young children a false sense of confidence and encourage them to move into deeper water.

Children playing with blow-up or inflatable toys need to have an adult within reach to make sure the inflatable is not swept out into deep water. Attach a rope to the inflatable.

Kia Maanu Kia Ora Stay Afloat Stay Alive

Make sure your child learns to swim

Know your home water hazards

Check your home and outdoors area for any water dangers. Work out how to keep your family safe.

Planning and preparation could save your child's life if they were drowning or in trouble.

Discuss and plan:

- how you would get immediate help
- how you could rescue or help someone without putting your life at risk
- who can do CPR
- if you own a pool how you would help a child (or adult) in trouble.

