



PILBEAM THEATRE • 10AM, 20 SEPTEMBER 2018

BILLABONG

Dreaming

TEACHER TOOLKIT



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Proudly supported by Rockhampton Regional Council, AUSTSWIM
and the Royal Life Saving Society



Queensland
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Royal Life Saving
ROYAL LIFE SAVING SOCIETY QUEENSLAND



IN THIS TOOLKIT

TEACHER TALK	1
WELCOME TO OUR SHOW!	2
THE HIGHLIGHTS	3
LETTER TO PARENTS	4
LET US KNOW!	5
THE ACTIVITY BOOK	6

AQUATIC LOCATION SHEETS

AROUND THE HOME	9
BACKYARD POOLS	10
AROUND THE FARM	12
NEAR RIVERS	14
OPEN BODIES OF WATER	16
AT THE BEACH	17
PUBLIC POOLS	19
SCHOOL SWIMMING	21
FOR MORE INFORMATION	23



TEACHER TALK

A Guide to Teaching Aquatic Safety

Assisting teachers to help educate students beyond the stage

September 2018

Dear Dedicated Teachers,

Thank you for making time to fit **'Billabong Dreaming'** into your schedules. In this pack, you will find resources to assist you, your students and their parents.

We encourage you to email the Letter to Parents to student's parents/guardians so they are aware of the resources available to them outside of school. We hope this will assist in keeping your students safe over the September school holidays and throughout the summer season.

We have also included Aquatic Location Sheets for you to address many of the issues surrounding the increase of drowning rates in Australia including topics directly from the play. To ensure the success of this program, we urge you to address these topics with your class at an appropriate time.

The Aquatic Location Sheets have been designed for you to discuss with your class when topics arise. You do not need to follow this document exactly; it is meant as a guide. To ensure a consistent approach, we've put this guide together to allow you to discuss these topics with your students confidently and allow a consistent aquatic safety message across the state.

Some of the dangers discussed will not be relevant to the age group you teach. As a teacher, we expect you to demonstrate flexibility in the material delivery dependent on age and appropriateness for your class. However, we do hope teachers can deliver a consistent message to students across the state.

The last page holds a list of useful web addresses where you can find more safety information regarding each aquatic location and programs you may access for your classes.

We hope you find this resource useful.

Swimcerely,

Joy

Joy Symons

Director

Billabong Dreaming

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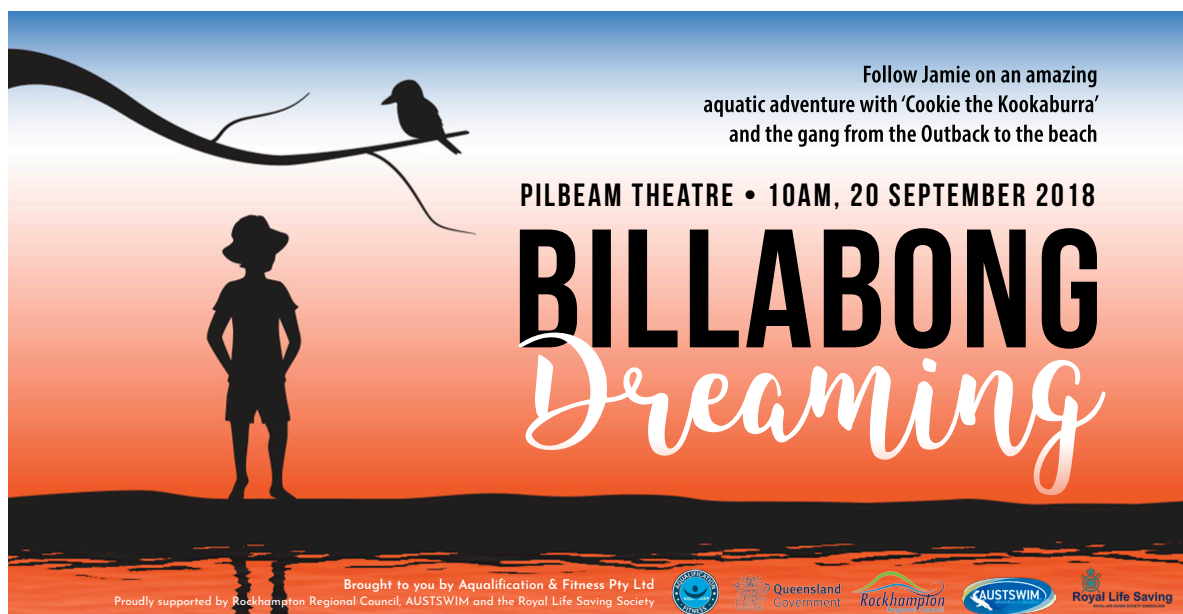




WELCOME TO OUR SHOW!

'Billabong Dreaming': Child Safety Aquatic Awareness

Performance Live-Streamed to Schools Across QLD



'Billabong Dreaming' is a child safety aquatic awareness performance that assist students in recognising and reacting to dangerous aquatic environments.

Despite the efforts of the aquatic industry, 249 people drowned in Australia in the 2017/2018 financial year.* This statistic highlights the importance of educating our youngest community members to ensure their personal safety.

Whether students participate in school swimming lessons, Billabong Dreaming teaches students to recognise different aquatic dangers and react appropriately to increase their safety in a multitude of aquatic environments.

The play takes students on a journey across six (6) aquatic locations, from a backyard pool on a farm, to the river, lake, beach and public pool. The characters teach students along the way about the dangers of each location and how to keep themselves safe in any aquatic setting.

Tying an indigenous thread to Billabong Dreaming assists in educating our most regional communities and helps students identify with the fabric that is the Australian culture.

* Royal Live Saving Society Australia National Drowning Report

THE HIGHLIGHTS



EDUCATION THROUGH ENTERTAINMENT!

'Billabong Dreaming' delivers child safety aquatic awareness to school children relating to more than one aquatic location, in a fun and engaging way.

THE PERFORMANCE DATE

September 20th, 2018

(Thursday of the last week of Term 3):

- Before children enter the water for the first time for the season.
- Held in the days before Learn to Swim Week – encouraging parents to organise free lessons.
- The performance is approximately 1 hour in duration.
- Correlates to the Daniel Morcombe Child Safety Curriculum (Recognise and React).

VIEW ON OUR WEBSITE

Access a live recording of the performance via our website www.aqualification.com.au

WATCH IN THE CLASSROOM

The Billabong Dreaming live recording will stay online until **October 22nd, 2018** for:

- Teacher access over the school holiday period.
- Preparation prior to the commencement of Term 4 school swimming programs.
- Parents to view at home if they wish.

DATA ANALYSIS

Online hosting statistics will enable data analysis to measure impact in conjunction with the Royal Life Saving Australia Drowning Report.

OUR ENDORSEMENTS

Aqualification & Fitness has partnered with Royal Life Saving Society Queensland and the Rockhampton Regional Council to bring the performance to the Pilbeam Theatre in Rockhampton. AUSTSWIM has also endorsed the program.



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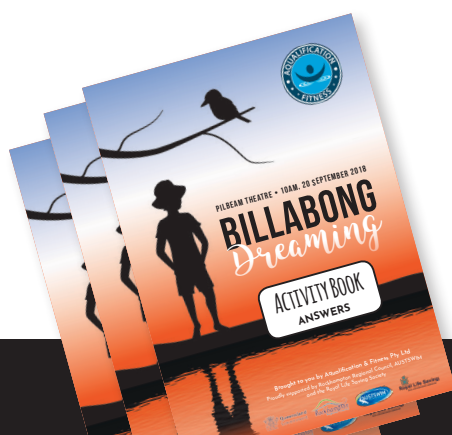


THE ACTIVITY BOOK

The learning doesn't stop there! The stage performance directs students through an Activity Book (2 x A4 pages printed and folded in half for an 8-page A5 booklet) that:

- Includes information for parents and a certificate on the back.
- Can be printed by schools if viewing online.

The printable booklet is available on our website www.aqualification.com.au





LETTER TO PARENTS

September 2018

Dear Parent / Guardian,

This term your child will be participating in a state-wide project regarding child safety aquatic awareness.

Your child will be viewing a recorded performance of 'Billabong Dreaming', a play which assists students in recognising and reacting to various aquatic environments.

Despite the efforts of the aquatic industry, 249 people drowned in Australia in the 2017/2018 financial year. This statistic highlights the importance of educating our youngest community members to ensure their personal safety.

Throughout the play, the characters investigate six different aquatic environments and safe ways to enjoy them. Billabong Dreaming has been created to provide an entertaining way to deliver child safety aquatic awareness messages to children in schools across Queensland.

The play will take students on a journey, from a backyard pool on a farm, to the river, lake, beach and public pool. The characters teach students about the dangers of each location and how to keep themselves safe in aquatic settings.

A live recording of the play, feedback surveys and a student workbook is available at <http://www.aqualification.com.au/tri-program/billabong-dreaming-live/>

We encourage parents to view the play with their child/ren, so you can continue the water safety discussion at home. We have timed this performance to align with the beginning of the summer season when people are heading back into the water for the first time after winter. Whether students are in formal swimming lesson, the play helps students understand the skills they learn at lessons can be taken into any aquatic environment.

We ask you to complete the anonymous and confidential feedback survey allowing us to continue making the performance a success for future years. There is a survey for parents and a separate student survey.

Thank you for your time and feedback.

Swimcerely,

Joy

Joy Symons

Director

Billabong Dreaming

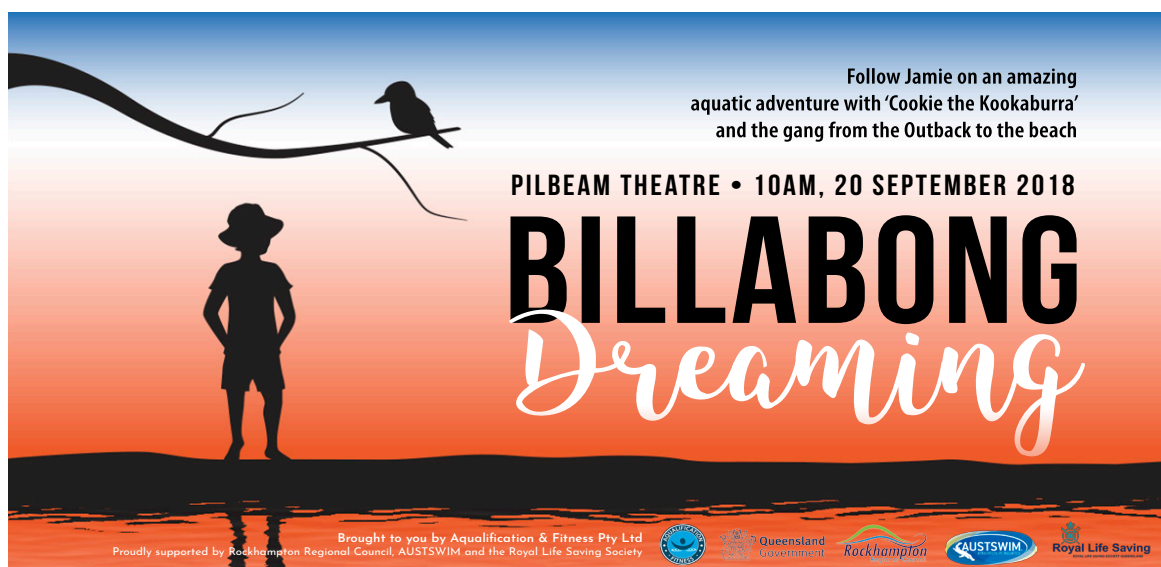
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LET US KNOW!

Please help us to make the 'Billabong Dreaming' initiative a success in our community!



We urge you to take the following 3-minute survey to allow us to continue making 'Billabong Dreaming' a success in future years.

The statistics gained from the survey will allow us to monitor the growth and success of the program.

We have also included student and parent surveys. We hope you can direct the students and parents to these locations to complete when students are at home.

Again, their input will be invaluable in continuing the success of the program.

TEACHER SURVEY

<https://www.surveymonkey.com/r/2WZJPLJ>

STUDENT SURVEY

<https://www.surveymonkey.com/r/2S9QNVN>

PARENT SURVEY

<https://www.surveymonkey.com/r/2W3BCLX>

Thank you for your time, commitment and dedication to this initiative!

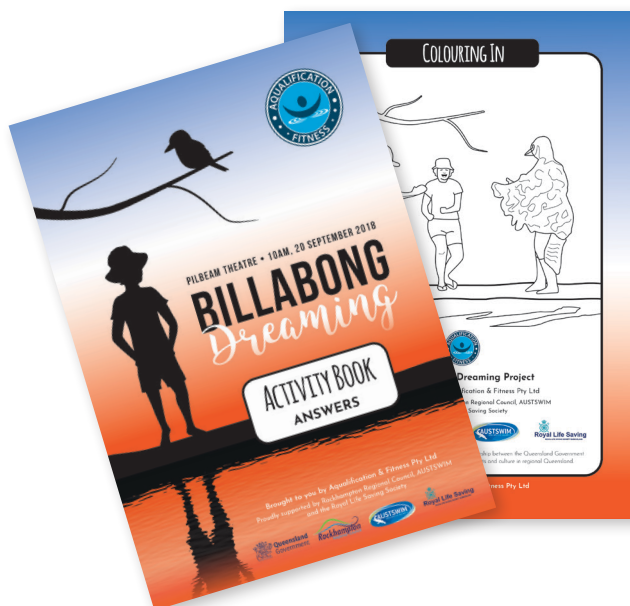


THE ACTIVITY BOOK

The Billabong Dreaming Activity Book provides a fun and engaging opportunity for students to connect with the stage performance.









A copy of the Activity Book is provided to every student attending the stage performance and students are encouraged to complete it throughout the show.

The Activity Book 'Answers' booklet provides teachers with guidance and support for student learning in the classroom and is available for PDF download on our website - www.aqualification.com.au/answers



MEET THE CHARACTERS

Complete the character names when you meet them!

 SULLY Clue: "Lay on your back to float"	 COOKIE Clue: "Safety First"
 PATCH Clue: "Stay calm and float"	 JAMIE Clue: "Don't jump into the river"
 LARRY Clue: "No running around the pool"	 MUM Clue: "If it's flooded, forget it"
 TULLY Clue: "Always swim with an adult"	 BOB Clue: "If you're 12 or under, always wear a lifejacket on a boat"
JAMIE MUM	COOKIE PATCH SULLY TULLY BOB LARRY

AROUND THE HOME

Water Safety Quiz

- Who do you go swimming with? (Circle the answer)
ADULT LITTLE BROTHER MY PETS GUIBIDY!
- If your adult leaves the pool area / bath tub, what do you have to do?
You must go with the adult. Leave the pool area, hop out of the bath tub.
- Circle all the objects with water in them around your home.
PET BOWL COUCH PUDDLE
BOOKS POND KITCHEN TABLE
BUCKETS BIPU POOL
TOILET SINK BLOW UP POOL

AROUND THE FARM

- If you swim in a farm dam, who must go swimming with you?
Adult (children name an adult they can swim with).
- Unjumble these 'aquatic farm danger' words.
OPLO MDA IGLA UANY EKCEB GDO LWOB
POOL DAM GALI YUNA CREEK DOG BOWL
GRUTOH NRIGAITRIO LNSCHNAE ISPD
TROUGH IRRIGATION CHANNELS DIPS

CONTINUED...



THE ACTIVITY BOOK CONT.

WORD JUMBLE

Unjumble these words to find a water safety message.

ESFAYT RSITF NI ETH AETWR ORWLD.
SAFETY FIRST IN THE WATER WORLD.

RTWHO A TBNUOAY DAI NWHE NRGESIUC.
THROW A BUOYANT AID WHEN RESCUING.

SAYAWL MSWI TWIH NA TALDU.
ALWAYS SWIM WITH AN ADULT.

INBIB ISFRT (Psst!) For the answers, head to
BINBI FIRST www.aqualification.com.au/answers

WORD SEARCH

T K T A N O S S E L
S E E K R T L U D A
R E M N E W A T E R
I R P A V S M T B L
F C E B I G I S U I
Y H R Y R O N D O S
T T A L L C A R Y T
E A T B U O S A A A
F O U M F O L U N Y
A L R U E P I G T C
S E E R G D E A A
T E K C A J E F I L
C Z R O C K S I D M
E G N O B A L L I B

ADULT
ANIMALS
BILLABONG
BUOYANT AID
CAREFUL
CREEK
CRUMBLY BANKS
FLOAT
LESSONS
LIFEGUARD
LIFEJACKET
LOGS
POOL
RIVER
ROCKS
SAFETY FIRST
SLIDE
STAY CALM
TEMPERATURE
WATER

3

AT THE RIVER

6. Are all rivers tidal? YES **NO** (Not all rivers are tidal. Parts of many rivers may be tidal but not all rivers run into the ocean.)

7. Recognise dangers! Circle the dangers found in rivers.
CURRENTS **WILDLIFE** **TIDE** **POOL PUMP FAILURE**
TEMPERATURE **CRUMBLY BANKS** **SHALLOW WATER**
SUBMERGED OBJECTS **DEEP WATER** **MURKY WATER**
LACK OF SUPERVISION **PUDDLE** **CLEAR WATER**
SLIPPERY/MUDDY/ROCK BOTTOM **POOL** **PICNIC**

8. What must you check before you dive into water?
You must check the depth before you dive into water.

AT THE LAKE

9. If you are under the age of 12, what must you wear while in a boat? (Circle the answer)
TROUSERS **JUMPER** **LIFEJACKET** **GOGGLES**

10. Write down 3 dangers found in and around lakes.
Any of the following: watercraft (boats, jetskis etc) - submerged objects - wildlife - temperature - damming

11. In an aquatic location, if you find yourself in trouble or danger in the water, remember to...

STAY CALM!

"Keep a water safety kit with a rope and bucket in the car!"

4

AT THE BEACH

12. When at the gumabari, swim between the **FLAGS**.

13. Ask a **LIFESAVER** if you need help when you are at the beach.

14. What kind of rips are dangerous at the beach?
☐ Ripped school uniform
☐ Ripped socks
☒ Strong current of water flowing away from the shore

15. What should you do if you are stuck in a rip?
CALL FOR HELP **PANIC** **EAT FISH**
SWIM PARALLEL TO SHORE **FLOAT**

AT THE POOL

16. Why is running around the pool dangerous?
You could slip and hurt yourself or someone else.

17. Breathholding games are **DANGEROUS**
NGDARSUOE

16. If you are not comfortable in the deep end, you should stay...
☐ In the deep end
☒ In the shallow end
☒ Close to your mum and dad
☐ Out of the pool
☐ At the shops

"Supervise your children even at public pools"

5

CONGRATULATIONS!

Child Safety Awareness Certificate

This is to certify that _____ has learned about the following water safety topics by participating in The Billabong Dreaming Project.

TOPICS COVERED

- Enter and Exit the water safely in a dam and river
- Swim with an adult
- Aquatic Farm Safety
- Look before you Leap
- Awareness of slippery surfaces
- River Dangers
- Back Float
- Understanding of currents
- Flash flooding
- Call for help
- Reach to rescue
- PFD on in a boat
- Lake Dangers
- Beach Safety
- Swim Between the Flags
- Rip awareness
- Listen to Lifeguards

Dangers in the following aquatic environments:

- Home
- Backyard Pool
- Farm
- River
- Lake
- Beach
- Public Pool

Certified by:

Royal Life Saving Society



Aqualification & Fitness





AQUATIC LOCATION SHEETS

The following **Aquatic Location Sheets** are designed for you to address many of the issues surrounding the increase of drowning rates in Australia across a variety of aquatic locations featured in the play.

AROUND THE HOME

BACKYARD POOLS

AROUND THE FARM

NEAR RIVERS

OPEN BODIES OF WATER

AT THE BEACH

PUBLIC POOLS

SCHOOL SWIMMING

Further safety information regarding each aquatic location and classroom programs can be found on the **For More Information** page.



AROUND THE HOME

Dangers Around the Home are common but not many children understand how the dangers can affect them.

Older children should be made aware of the danger of becoming unconscious (passing out) if they dip their head into aquatic places e.g. buckets, to cool off especially after running around or playing sport. For older children, their understanding of the dangers around the home may be quite good, but they may forget these places are dangerous for younger siblings.

Please refer to the following chart to help recognise **common dangerous situations around the home**, how to **prevent** them from occurring and how to **react** safely.

DANGER	RECOGNISE	PREVENT / REACT
Bathtub - Drowning	Children should not be left in bathtubs unattended.	If parents/guardians walk away, children should pull out plugs and hop out.
Buckets - Accidental fall-ins - Unconsciousness - Drowning	Falling head first into a bucket is almost impossible for a child to get out of due to the weight distribution and dimensions of their body as they grow. Dipping your head into a bucket to cool off may cause a child to pass out.	Ask parents to keep buckets covered or up high.
Pet Water Bowls - Accidental fall ins - Drowning	It only takes enough water to cover the mouth and nose to drown. Although pet bowls are shallow for infants & toddlers, this can pose a danger.	Watch younger siblings. Don't play with pet water bowls.
Ponds - Accidental fall-ins - Drowning	Pretty fish or plants in ponds can make them more attractive to children. Children can easily fall into a pond if they are leaning over the edge to look at fish.	Don't lean over ponds. If you want a closer look, lay down perpendicular to the edge so you cannot fall into it, like this... 
Toilet - Accidental fall-ins	Toilets are filled with water, but they are not a place to play.	Keep the lid closed. Close the door.
Sink - Accidental fall-ins if standing on the bench	Sinks can be filled with water, but they are not a place to play.	Don't climb on kitchen benches. Unplug the sink when you are finished with the water.
Hose/Sprinklers - Pooling water in the yard	Hoses are a great source of fun for many Australian children, especially those who don't have a pool in their backyard.	Turn hoses & sprinklers off after you have finished playing with them to reduce water waste but to also reduce the formation of puddles.



BACKYARD POOLS

Backyard pools are the most common areas for children under the age of 5 years to drown.

Reminding students about shutting the gate and taking care of the gate, is important. Many children will jump or climb the gate, reducing the effectiveness of the gate. Help children understand this behaviour is not acceptable.

Please refer to the follow chart to help recognise **common dangerous situations in backyard pools**, how to **prevent** them from occurring and how to **react** safely.

DANGER	RECOGNISE	PREVENT / REACT
Swimming unsupervised - <i>Drowning</i>	No one should swim unsupervised. Even adults are in danger of drowning while swimming alone.	If parents/guardians walk away, children should hop out of the pool area. Always swim a supervising adult.
Bomb Diving - <i>Landing on another swimmer</i> - <i>Spinal injury</i>	Although it's fun, bomb diving can be dangerous.	Always swim with a supervising adult. Children are to make sure the water is clear from other people before they jump in.
Diving Across the Narrowest Part of the Pool - <i>Head/spinal injuries</i>	Diving is a great skill to have. Many children who have learned this skill but are not completely confident in the water will sometimes dive across the narrowest part of the pool so they can get to the other side quickly.	Always swim with a supervising adult. Dive into water that is deep enough for diving. The preference is 1.8m or greater. Dive along the length of the pool.
Deep End - <i>Panic leading to drowning</i>	So much fun and fitness can come from the deep end of the pool.	Always swim with a supervising adult. Stay calm and float. Know your limits.
Falling In - <i>Accidental fall-ins</i>	Many people who have drowned never intended to get in the water.	Always swim with a supervising adult.
Skimmer Box - <i>Entrapment by suction</i>	An important part of the pool, the skimmer box is the mouth of the suction pump of the pool. The skimmer box leads pool water to the pump and filter to be cleaned, before returning to the pool.	Always swim with a supervising adult. The skimmer box is not for playing with, sitting on or putting your head in. Do not remove any covers.
Vacuum Hoses - <i>Entanglement</i>	Vacuum hoses form part of the sanitation system for the pool and are often left in the pool when people are swimming.	Always swim with a supervising adult. Remove the vacuum before swimming. Avoid the hoses and the vacuum (creepy crawly) cleaner if it is on.

CONTINUED...



BACKYARD POOLS CONT.

DANGER	RECOGNISE	PREVENT / REACT
Spas (Jets, Cover, Suction Outlets) <ul style="list-style-type: none">- <i>Jets: Falling over and submerging</i>- <i>Cover: Entrapment under cover</i>- <i>Suction Outlets: Entrapment under cover</i>	<p>Jets: Water will flow out of the jets and into the spa. Jets help create turbulence in the spa giving it a 'massage' feeling.</p> <p>Cover: The spa cover is designed to save water, keep the spa clean, and reduce drownings by keeping people out of the spa when it is not being used.</p> <p>Suction Outlets: Water will leave the tub to be circulated back through the jets. Outlets operate on powerful suction.</p>	<p>Always swim with a supervising adult. Know where the emergency shut-off switch is. Only an adult should uncover the spa. Do not put your head under water in a spa.</p>
Pool Cover <ul style="list-style-type: none">- <i>Walking on a pool cover</i>- <i>Swimming underneath pool covers</i>	<p>Similar to spa covers, pool covers are designed to help save water and keep the pool clean.</p>	<p>Always swim with a supervising adult. Ensure the pool cover is completely removed before swimming in the pool. Do not swim underneath a pool cover.</p>
Inflatable Toys <ul style="list-style-type: none">- <i>Create a supervision blindspot</i>		<p>Always swim with a supervising adult. Watch out for your friends and tell an adult if someone is injured, floating face down or submerged.</p>
Running on the Deck <ul style="list-style-type: none">- <i>Slipping and falling</i>	<p>The deck is the ground surrounding the pool.</p>	<p>Walk around a swimming pool.</p>
Inflatable / Wading / Paddling Pool <ul style="list-style-type: none">- <i>Unfenced pool</i>- <i>Children left unsupervised</i>	<p>Many parents leave these pools filled with water to save water during hot Australian summers.</p>	<p>Always swim with a supervising adult. Ensure these pools are emptied after each use or restrict access so children and animals cannot access the water.</p>
Deep Water Drift <ul style="list-style-type: none">- <i>Swimming out of depth or comfortable zone</i>	<p>When children are almost out of their depth they will lift their face to breathe and face the shallow (the direction they wish to go). This will put their body off balance toward deeper water creating their body's movement towards the deeper water. Although they want to go shallower, they are leaning towards the deep water.</p>	<p>Always swim with a supervising adult. Know your limits.</p>



AROUND THE FARM

Farm safety is about following the farm rules and being observant.

Listen to your parents or the farm owners/adults and know what's happening where you are. Know where the child safe play area is and ask an adult before leaving that area. Participating in safety walks with an adult is a great way to learn about the dangers and how to avoid them when on the farm.

If you live on a farm, help your visitors understand the dangers around them. If you are visiting a farm, always ask for permission to see if your chosen activity is safe.

Please refer to the following chart to help recognise **common dangerous situations around the farm**, how to **prevent** them from occurring and how to **react** safely.

DANGER	RECOGNISE	PREVENT / REACT
Dam <ul style="list-style-type: none">- Slippery bottom and banks- Crumbly banks- Wildlife- Submerged objects e.g. Rocks, logs, snags, animal carcass- Unclear water- Depth- Not all dams are fenced	Dams are important water sources for farmers and their livestock. Yes, humans can swim in dams but precautions should be taken.	Always swim with an adult. Slide your feet to get in. No diving. Follow farm rules.
Old Dips <ul style="list-style-type: none">- Rough edging or slippery edging- Drop offs- Chemical residue- Depth- Cattle/Sheep	Although dips are becoming less common, many farms may still have a dip.	Stay behind fences. Listen to adults. Stay with an adult. Wear appropriate clothing. Follow farm rules.
Water Tank <ul style="list-style-type: none">- Depth- If the tank is closed, you may become trapped- Wildlife e.g. snakes- Submerged objects	Water tanks come in many shapes and sizes. Some old tanks may still have openings at the top that children can fall or lower themselves into.	Don't climb overhanging trees or structures by tanks. Follow farm rules. Listen to the adults.
Trough Including Cover & Float and Liquid Cattle Supplement Trough <ul style="list-style-type: none">- Wildlife e.g. snakes- Entrapment under larger floats	Troughs, like water tanks, come in many shapes and size. Some of them have covers and floats all which pose aquatic dangers with risks of drowning.	Stay with an adult. Follow the farm rules. Beware of your surroundings.

CONTINUED...



AROUND THE FARM CONT.

DANGER

RECOGNISE

PREVENT / REACT

Irrigation Channels / Gates

- Steep slippery banks
- Crumbly banks
- Wildlife
- Depth
- Suction
- Forceful flow at the mouth

Irrigation channels can be small or large, wide or narrow, steep or shallow. They help farmers water their crops.

Stay with an adult. Follow the farm rules. Stay off the rise/banks. Do not swim in irrigational channels.

Bores / Wells

- Fast flowing water
- Pooling water
- Depth
- Entrapment

Bores and wells help farmers access water from underground.

Stay with an adult. Follow the farm rules. Don't climb down into a well.

Post Hole

- Pooling water
- Entrapment
- Wildlife
- Drowning

Post holes can be big enough for a small child to fall into, but not big enough for them to be able to right themselves. After rain, post holes can pose drowning risks for small children.

Be aware of pooling water after rain. Stay with an adult. Follow the farm rules.



NEAR RIVERS

The flat, calm appearance of an **Australian river** can be inviting but lack of supervision contributes to the many present dangers.

Water conditions can change quickly and what was safe earlier may no longer be safe.
Always enter the water slowly, feet first and never dive in.

Please refer to the following chart to help recognise **common dangerous situations near rivers**, how to **prevent** them from occurring and how to **react** safely.

DANGER	RECOGNISE	PREVENT / REACT
Lack of Supervision <ul style="list-style-type: none">- Injuries- Drowning	Children should not play or swim in a river unsupervised.	Always swim with a supervising adult. Wear a life jacket.
Crumbly Banks <ul style="list-style-type: none">- Overhanging banks	Banks will wash away with flowing water.	Be aware that banks can crumble. Always go to the river with an adult.
Tidal <ul style="list-style-type: none">- Depth- Swimming out of comfort level	Rivers will become tidal closer to the coast leading to a change in depth.	Always swim with a supervising adult. Know your limits. Wear a life jacket. Stay calm. Stay afloat and call for help.
Temperature <ul style="list-style-type: none">- Panic- Breathing changes- Hypothermia	Water temperatures can change quickly.	Always swim with a supervising adult. Stay calm. Stay afloat and call for help. Wear a life jacket.
Current / Undertow <ul style="list-style-type: none">- Panic- Submersion	Currents can sweep swimmers off their feet and downstream.	Always swim with a supervising adult. Stay calm. Float feet first down the river. Stay afloat and call for help. Wear a life jacket.
Fallen Logs / Trees <ul style="list-style-type: none">- Instability may cause falling into water- Entrapment- Injuries	Fallen logs and trees will start to rot. Trees and logs do not always provide a place for sure footing.	Always swim with a supervising adult. Wear a life jacket. Stay calm. Stay afloat and call for help.
Submerged Debris / Snags <ul style="list-style-type: none">- Entrapment- Entanglement- Submersion- Head/spinal injuries	Submerged debris and snags can cause many serious injuries to swimmers, especially divers.	Always swim with a supervising adult. Wear a life jacket. Enter the water feet first. Stay calm. Stay afloat and call for help.
Sudden Drop Offs <ul style="list-style-type: none">- Submersion- Being swept off with the current	Murky water inhibits vision through the water. Steep drop offs may be present with undertows and temperature changes.	Always swim with a supervising adult. Wear a life jacket. Enter the water feet first, feeling for your next step.

CONTINUED...



NEAR RIVERS CONT.

DANGER

RECOGNISE

PREVENT / REACT

Wildlife

- Bites and stings

Australian wildlife depend on the river systems. Humans are visitors to an animal's home and respect for their habitat should always be encouraged.

Always swim with a supervising adult. Make sure your supervising adult has a first aid kit.

Suction Pump for Irrigation Channels

- Suction injuries
- Entrapment
- Submersion

Many Australian farmers rely on irrigation from Australia's river systems. When irrigation pumps are seen in rivers, it's best to avoid them.

Always swim with a supervising adult. Wear a life jacket. Avoid irrigation pumps.

Flooding

- Being swept away
- Entrapment
- Injuries
- Drowning

Many Australian rivers will flood and deteriorate roads, riverbanks, and inundate the river with debris. According to the QLD Government, firefighters rescue more people from water, than fires each year.

Never swim or drive in flood waters.



OPEN BODIES OF WATER

Open bodies of water can be very daunting for many people.

Not being able to clearly see the bottom, not knowing what's in the water, and vast distances to the shoreline can be quite scary. This section covers lakes, billabongs, large dams, bays and open ocean. Signage may or may not be present, so look out for any signage before entering lakes or large open water bodies.

Please refer to the following chart to help recognise **common dangerous situations in open bodies of water**, how to **prevent** them from occurring and how to **react** safely.

DANGER	RECOGNISE	PREVENT / REACT
Temperature <ul style="list-style-type: none">- Panic- Breathing changes- Hypothermia	Water temperatures can change quickly.	Always swim with a supervising adult. Wear a life jacket. Stay calm. Stay afloat and call for help.
Depth <ul style="list-style-type: none">- Panic- Submersion- Changes in temperature	Many open bodies of water are deep, but changes in depth can happen quickly and will sometimes correlate with temperature.	Always swim with a supervising adult. Wear a life jacket. Stay calm. Stay afloat and call for help.
Current <ul style="list-style-type: none">- Being swept out of depth- Being swept away from shoreline- Panic	Currents can be found in open bodies of water and are generally created by gravity and wind.	Always swim with a supervising adult. Wear a life jacket. Stay calm. Stay afloat and call for help.
Watercraft <ul style="list-style-type: none">- Accidental fall in- Panic- Collision- Submersion/spray	Boating is a popular recreation for many Australians and can include kayaking, canoing, rowing, jet skiing, water skiing, stand up paddle boarding among others.	Always participate with a supervising adult. Listen to your adult and follow the rules of the watercraft. Wear a life jacket. Stay calm. Stay afloat and call for help.
Wildlife <ul style="list-style-type: none">- Bites and stings	Australia has wildlife that can be found in billabongs, lakes, bays and our oceans. Humans are guests in these environments and respect for the creature and its habitat should be encouraged.	Always swim with a supervising adult. Wear a life jacket. Stay calm. Stay afloat and call for help.
Aquatic Plants <ul style="list-style-type: none">- Panic- Entanglement	Aquatic plants form a vital part of many open water environments. These plants may feel slippery, slimy, and scary for many swimmers.	Always swim with a supervising adult. Wear a life jacket. Stay calm. Stay afloat and call for help.
Distance <ul style="list-style-type: none">- Panic- Exhaustion	Open bodies of water maybe be vast and distances from one side to the other, extreme.	Always swim with a supervising adult. Wear a life jacket. Stay calm. Stay afloat and call for help.



AT THE BEACH

Many Australian families holiday **at the beach** but there are dangers that children should be made aware of.

Waves, sandbanks, rips and rock pools all have dangers that can ruin a family day out. Aqualification & Fitness highly recommend children participate in a Nippers program to build confidence, knowledge and skills in a beach environment. Please read the signage posted by the local surf lifesaving club and be aware that conditions can change rapidly.

Please refer to the following chart to help recognise **common dangerous situations at the beach**, how to **prevent** them from occurring and how to **react** safely.

DANGER	RECOGNISE	PREVENT / REACT
Waves (Surging, Plunging, Rolling) <ul style="list-style-type: none">- Submersion (being dumped)- Panic- Head and spinal injuries- Scrapes and cuts- Bumps and bruises- Drowning	Each wave will feel different depending on a person's depth, height, and individual ability in the water.	Always swim with a supervising adult. Swim between the flags. Read the signs.
Sandbanks / Sandbars <ul style="list-style-type: none">- Head and spinal injury	Sandbanks or sandbars are shallow areas created by deposits of sand just past a trough of deeper water not far from the shore line.	Always swim with a supervising adult. Swim between the flags. Read the signs.
Currents / Rips <ul style="list-style-type: none">- Dragged away from shore very quickly- Exhaustion- Panic	Currents are bodies of water flowing in a specific direction. Rips are fast flowing currents of water heading out to sea.	Always swim with a supervising adult. Swim between the flags. Read the signs. Stay calm. Stay afloat and call for help.
Tides <ul style="list-style-type: none">- Submersion- Panic	Tides are caused by the moon and change twice a day. The effects of the tide pushing and pulling the water may be stronger in some locations.	Always swim with a supervising adult. Swim between the flags. Read the signs.
Temperature <ul style="list-style-type: none">- Hypothermia	The temperature of the water at the beach remains fairly consistent across a 24 hour period. However, the risk of hypothermia can still set in quickly as body temperatures drop faster in water than they do on land (in air).	Always swim with a supervising adult. Swim between the flags. Read the signs. Hop out when you start feeling too cold.

CONTINUED...



AT THE BEACH CONT.

DANGER

RECOGNISE

PREVENT / REACT

Watercraft

- *Accidental fall in*
- *Panic*
- *Collision*
- *Submersion*

Surfing is a popular recreation for many Australians but watercraft can also include stand up paddle boarding, kite surfing, and jet skiing.

Always swim with a supervising adult. Swim between the flags. Read the signs.

When using watercraft: Always participate with a supervising adult. Listen to your adult and follow the rules of the watercraft. Wear a life jacket. Stay calm. Stay afloat and call for help.

Wildlife (stingers etc)

- *Bites and stings*

Australians love the beach despite the sometimes hazardous marine life. Stingers, sharks and in some places, crocs, can inhabit our favourite beaches. Don't forget those pesky seagulls!

Always swim with a supervising adult. Swim between the flags. Read the signs.

Rock Pools

- *Bites and stings*
- *Cuts and scrapes*
- *Falls onto the rocks*
- *Accidental falls into the surf*
- *Being swept off the rocks*

Rock pools are a great place to explore, but can be dangerous.

Always explore rock pools with a supervising adult.

Rock Fishing

- *Being swept off the rocks*
- *Head and spinal injuries*
- *Drowning*

Rock fishing is a dangerous sport that takes many Australian lives each year. It is recommended to fish in groups of three. If one person is washed in, one person can call emergency services, while the other throws a buoyant aid to assist.

Always fish in a group of at least three people, one being an adult. Always wear a life jacket.



PUBLIC POOLS

Public Pools are for the enjoyment of the whole community.

Pool lifeguards are responsible for the safety of all patrons, not just a few. It's important for children and parents to understand that lifeguards are not babysitters and parents are still required to supervise their children.

Due to the dangers around a pool, sometimes lifeguards and pool operators can seem very strict however, they are aiming to prevent injuries and accidents. They are there to serve the community and will help a patron to the best of their ability.

Please refer to the following chart to help recognise **common dangerous situations at public pools**, how to **prevent** them from occurring and how to **react** safely.

DANGER	RECOGNISE	PREVENT / REACT
Running Around the Pool - <i>Slips, trips and falls</i> - <i>Embarrassment</i> - <i>Scrapes and cuts</i> - <i>Head and spinal injuries</i>	Running on a pool deck is dangerous and can lead to a number of injuries.	Walk around a swimming pool. Listen to pool lifeguards. Read the signs.
Lack of Parental Supervision	Lifeguards at public swimming pools are there for everyone's safety. It is the responsibility of parents to ensure the safety of their children at a public swimming pool.	<i>Royal Life Saving Society Australia</i> recommends the following: <ul style="list-style-type: none">• 0 – 5-year-old and non-swimmers: Parents should be within arm's reach.• 6 – 10-year-old: Constant active supervision. Parents should be prepared to get wet.• 11 – 14-year-old: Parents should physically check on their children by going to where their children are in the water. <p>Always swim with an adult. Listen to pool lifeguards. Talk to a lifeguard if you have any questions or concerns. Read the signs.</p>
Bather Load - <i>Overcrowding</i>	Pools can become overcrowded very quickly in hot weather. In a public setting, many facilities will have lifeguards that will monitor this.	Always swim with an adult. Talk to pool lifeguards if you feel like it's too crowded.

CONTINUED...



PUBLIC POOLS CONT.

DANGER

RECOGNISE

PREVENT / REACT

Slides

- Head and spinal injuries
- Broken teeth and other dental injuries
- Slips, trips and falls
- Bumps and bruising

Slides can be great fun, but can be very dangerous. When slide rules are not followed, many different types of accidents can happen.

Always follow the rules of the facility slides. Listen to lifeguard directions. Read the signs.

Wading Pools

- Head and spinal injuries
- Submerged children
- Bumps and bruising

Many bigger children run through wading pools but they are designed for small children. If you are going to play in the wading pool, please be mindful of other small children in the pool.

Be respectful of other community members. Watch out for smaller children. Listen to pool lifeguards. Read the signs. Talk to a lifeguard if you have any questions or concerns.

Pushing, Shoving, Roughhousing, Dunking

- Submersion
- Exhaustion
- Dental injuries
- Bumps and bruising
- Head and spinal injuries
- Panic
- Breathing difficulties
- Drowning

This type of behaviour is unacceptable in and around a pool. It is very easy to become disoriented and out of breath causing exhaustion, and an inability to perform usual skills after repeated dunking or roughhousing. It can not only hurt the people involved, but innocent bystanders.

Always swim with an adult. Follow the facility rules. Read the signs. Listen to pool lifeguards. Talk to a lifeguard if you have any questions or concerns.

Inflatables

- Obstructed view
- Submersion
- Inability to swim to edge
- Panic
- Accidental falling

Large inflatable obstacle courses are often placed in public pools as an attraction. Swimming under an inflatable obstacle course puts you out of sight of a lifeguard.

Swim to the edge or around the inflatable. Listen to pool lifeguards. Talk to a lifeguard if you have any questions or concerns.

Diving Blocks

- Head and spinal injury
- Slips, trips and falls
- Bumps and bruising
- Accidental fall ins

Diving blocks are designed for competitive swimming. Not every public pool will have them and if they do, they may have them covered to stop people from diving off them. Use of diving blocks should always be supervised whether diving or jumping from them into the water.

Make sure you are being supervised by an adult. Read the signs. Make sure there is no one underneath you when you dive or jump. Do not push another person off the diving block.

Diving Towers / Boards

- Head and spinal injury
- Skin friction burns (slapping on water)
- Bumps and bruising
- Slips, trips and falls

Many injuries occur from diving towers and boards when they are used in unsafe ways. Supervision and following directions are key to reduce the risk of serious injury. Swimmers need to be familiar with heights and ensure they can swim to the edge after jumping/diving.

Ensure a lifeguard is supervising the tower or boards. Read the signs. Know your limits. Do not push anyone off the diving board/tower.



SCHOOL SWIMMING

The following table has been put together to give you talking points before **school swimming** starts.

We hope this helps you set expectations early and avoid problems during your school swimming sessions.

Please refer to the following chart to help recognise **common dangerous situations at school swimming**, how to **prevent** them from occurring and how to **react** safely.

DANGER	RECOGNISE	PREVENT / REACT
Running on Pool Deck <ul style="list-style-type: none">- Slips, trips and falls- Embarrassment- Scrapes and cuts- Head and spinal injuries	Running on deck is dangerous and can lead to a number of injuries.	Follow teacher's/lifeguard's directions. Walk on pool decks. Encourage your peers to walk.
Diving on Other Students <ul style="list-style-type: none">- Head and spinal injuries	Diving or jumping on other students can lead to spinal injury.	Follow teacher's/lifeguard's directions. Wait for the water to be clear before safely entering.
Bomb Diving <ul style="list-style-type: none">- Head and spinal injury	Although it's fun, bomb diving can be dangerous if it's not controlled well by teachers/lifeguards, as students get excited and someone ends up landing on someone else.	Follow teacher's/lifeguard's directions. Wait for the water to be clear before safely entering.
Coffins <ul style="list-style-type: none">- Head and spinal injury	Coffins are a new exciting way to jump into the pool from the side. The aim of the Coffin is to jump feet out and land on the water on your back. Many people misjudge the distance and smack their head on the side of the pool.	Follow teacher's/lifeguard's directions. Wait for the water to be clear before safely entering. No Coffin Jumping EVER!
Silly Salmon <ul style="list-style-type: none">- Head and spinal injury	A Silly Salmon is another jumping entry from the side of the pool where the jumper pretends to be a salmon.	Follow teacher's/lifeguard's directions. Wait for the water to be clear before safely entering.
Pushing / Shoving <ul style="list-style-type: none">- Fully-clothed accidental fall in- Panic	Not all students have the same ability in the water. Pushing and shoving on the pool deck can lead to dangerous situations.	Follow teacher's/lifeguard's directions. Sensible behaviour around water bodies is always expected.
Dunking / Roughhousing <ul style="list-style-type: none">- Panic- Submersion- Breathing difficulties- Drowning	This kind of behaviour may seem like fun, but is unacceptable in and around a pool. It is very easy to become disoriented and out of breath causing exhaustion and an inability to perform usual skills after repeated dunking or roughhousing.	Follow teacher's/lifeguard's directions. Behave sensibly at the pool.

CONTINUED...



SCHOOL SWIMMING CONT.

DANGER

Free Play

- *Reduced supervision (especially if teacher is packing up equipment)*
- *Submersion*
- *Exhaustion*
- *Bumps and bruising*
- *Head and spinal injuries*
- *Breathing difficulties*
- *Drowning*

RECOGNISE

If boundaries are set and rules are still followed, free play can be a great opportunity for students to practice the skills they want to practice.

PREVENT / REACT

Follow teacher's/lifeguard's directions. Continue to follow the rules.

Teachers: Ensure you are actively supervising at all times. Ensure the correct teacher:student ratios.



FOR MORE INFORMATION

ROYAL LIFE SAVING AUSTRALIA

<https://www.royallifesaving.com.au/>

School Swimming Program “Swim and Survive”

<http://www.swimandsurvive.com.au/>

Schools

<https://www.royallifesaving.com.au/schools>

In the Classroom

<https://www.royallifesaving.com.au/schools/in-the-classroom>

At the Pool

<https://www.royallifesaving.com.au/schools/at-the-pool>

Out and About

<https://www.royallifesaving.com.au/schools/out-and-about>

Keep Watch Program – Toddler Drowning Prevention

<https://www.royallifesaving.com.au/programs/keep-watch-toddler-drowning-prevention-program>

Keep Watch Program – Home Pool Safety

<https://www.royallifesaving.com.au/programs/home-pool-safety>

Swim My Way

<https://www.royallifesaving.com.au/programs/swim-my-way>

Respect the River

<https://www.royallifesaving.com.au/programs/respecttheriver>

Don't Let Your Mates Drink and Drown

<https://www.royallifesaving.com.au/programs/dont-let-your-mates-drink-and-drown>

The Talk

<https://www.royallifesaving.com.au/programs/thetalk>

Portable Pool Safety

<https://www.royallifesaving.com.au/programs/makeitsafe>

QLD GOVERNMENT

<https://www.qld.gov.au/emergency/safety/recreation/water-safety>

Flood Water

<http://floodwatersafety.initiatives.qld.gov.au>

QLD FAMILY AND CHILD COMMISSION

<https://www.qfcc.qld.gov.au/kids/preventing-child-injury-death/water-safety>

KIDS ALIVE DO THE FIVE

<https://kidsalive.com.au>

FARM SAFETY AUSTRALIA INC

<https://www.farmsafe.org.au/Child-Safety-On-Farms>

SURF LIFE SAVING QLD

<http://lifesaving.com.au/watersafe>

AUSTSWIM

<http://austswim.com.au>



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