

Water safety checklist

■ Teach children about water safety

Educate your child with safety rules around water from your first pool or beach visits.

■ Teach children to swim and survive in water

If you don't have the skills or confidence for this, contact your local swimming school. Teach familiarisation and confidence by playing games with children in the water.

■ Never prop safety gates or doors open

Always ensure gates or doors to a pool area close and latch automatically after access.

■ Never leave a child alone in a pool area

Teach children to ask for a supervisor before entering the pool area. If you are in the pool area with the child and have to attend to other tasks, even briefly, take the child with you.

■ Remove toys from the pool area after use

When the pool is unattended, remove toys from the pool and pool area, away from temptation.

■ Be alert when visiting a home with a pool

When you have a child in your care at a property with a pool, ensure that all pool safety measures are in place. Supervise children closely in unfamiliar surroundings.

■ Always supervise actively and avoid distractions

Supervision is a constant duty, not an occasional glance while entertaining, reading, telephoning or texting. Appoint a capable designated watcher for group poolside activities.

For further water safety information see www.watersafe.org.nz

CPR for children: Act First then Dial 111 for Help

Infants up to 1 year

Airway open

Head tilt. Chin lift. Be gentle.

Breathing: look, listen and feel

If breathing, place child on its side.

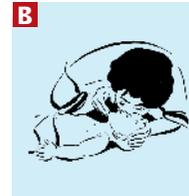
If not breathing normally:

Give 2 breaths over mouth *and* nose. Start chest compressions:

Chest compressions

With two fingers, perform 30 compressions to one-third of chest depth, followed by 2 breaths.

Continue CPR until victim recovers or help arrives.



Children 1 to 8 years

Airway open

Head tilt. Chin lift.

Breathing: look, listen and feel

If breathing, place child on its side.

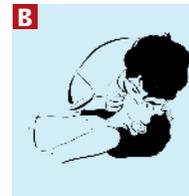
If not breathing normally: Pinch

nose and give 2 mouth-to-mouth breaths. Start chest compressions:

Chest compressions

Using one or two hands, perform 30 compressions to one-third of chest depth, followed by 2 breaths.

Continue CPR until victim recovers or help arrives.



Your child
Your pool
Your responsibility

Supervise!

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Supervision: your **first** priority to ensure child safety around water hazards

Proper supervision of children aged under four years in and around water hazards can prevent child drownings.

On average, between 2001-2011 there were eight drownings of 0-4 years olds, almost 40% of these in home pools (DrownBase™, 2011).

Basic supervision guide

■ **Be ready** to respond quickly to emergencies. Supervising adults should be proficient with CPR for children. See back of this leaflet for details.



■ **Watch** children in or near water constantly. It takes just seconds for a child to drown.



■ **Stay** within an arm's reach of non-swimmers and children under five years of age.



■ **Concentrate.** Avoid distractions. If you need to leave a pool or swimming area for any reason, take the child with you.



Domestic swimming pools are a source of family enjoyment, but also a deadly hazard for unsupervised small children.

Supervision is the first priority in preventing tragedies around water hazards. Your local council regulations also require that you have approved barriers to your pool area.



Children up to 5 years and non-swimmers

Adult should be in the water, holding the child or staying within arm's reach.



Children 6 to 10 years
Adult should be at the water's edge and have constant eye-contact with the child.



Children 11 to 15 years
Adult should take personal responsibility to supervise all activities in and around water.



Appoint at least one supervisor to be dedicated to water safety whenever the pool is in use.

A supervisor must be a responsible, capable swimmer who accepts adult responsibilities and has knowledge of CPR for children in emergencies.

Pool barriers are required by law

Pool owners have a legal responsibility to provide safety barriers against risk of drowning. Pools, spas, hot-tubs and pool fences must comply with local Council requirements under the Fencing of Swimming Pools Act (1987) and the Building Act (2004). Additional safety standards for pool owners are also outlined in NZS 8500:2006. Contact your local Council for details.

For all other water safety related queries please contact WaterSafe Auckland www.watersafe.org.nz

Pool barriers need supervision too

Check pool barriers regularly to ensure child safety at all times

- Lop low-hanging branches on poolside trees to ensure that they do not overhang pool fences.
- Maintain self-latching and self-closing mechanisms on gates and doors to ensure efficient operation.
- Check pool fencelines for signs of deterioration and repair as necessary.
- Keep all climbable household items such as ladders, bins, bricks, blocks and woodpiles away from pool fences.
- Keep up-to-date with your local council regulations for home pool safety. It is your ongoing responsibility to check that your pool safety barriers always comply with current local council requirements.