



Department of Child Safety, Seniors and Disability Services

Water Safety Awareness Training

Keeping our children safe in and around water

[Click here to start](#)

Important to note:

In order to complete the quiz sections of this training module you will need to have access to Microsoft 365 (online)

Welcome

Water Safety Awareness training is a mandatory for both Foster and Kinship carers and is to be completed within the first 12 months of your carer approval.



This course will take **approximately 45 minutes** to complete.



This course contains audio. Please ensure you have headphones or speakers to hear the audio.



Throughout the course we may refer you to some external resources for more information. Look for the icon above for these resources.

Click the arrows to go to the next slide or go back to the previous slide

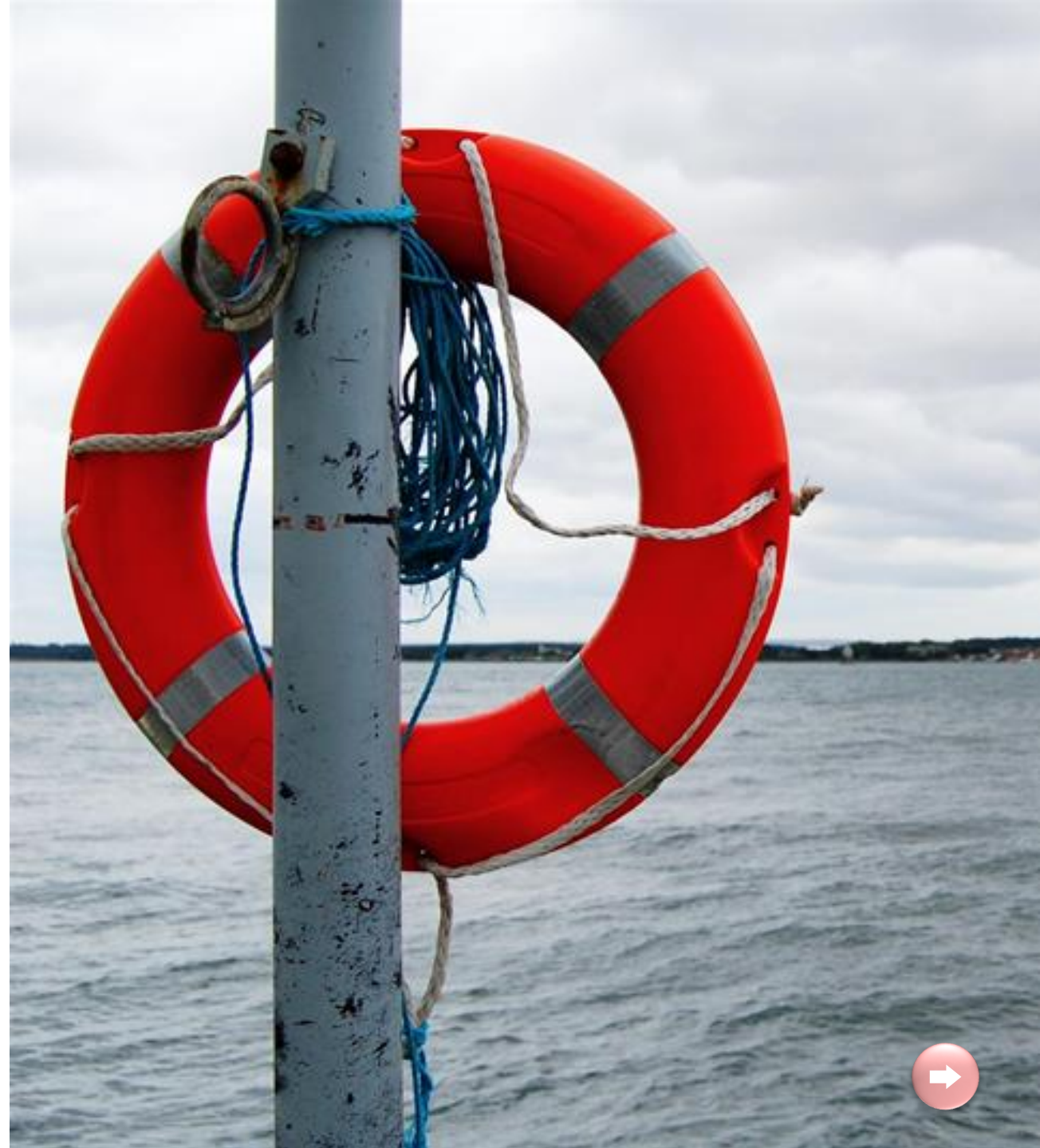


Content disclaimer

Please be advised that this course will include readings, media, discussion and/or depictions or descriptions of child mortality.

We acknowledge that it may be difficult to engage with this content and encourage you to care for your safety and well-being.

If the content covered today brings up any distress or discomfort for you, we encourage you to seek assistance through your foster and kinship care support worker or Child Safety.



Acknowledgment of Country

We acknowledge Aboriginal and Torres Strait Islander people as the Traditional Owners and Custodians of this country and recognise their connection to land, wind, water and community.

We pay our respect to them, their cultures, and to the Elders both past and present.



Water Safety Certificate

Certificate

Presented to

Jenny Smith

for

Water Safety Awareness training

Completed via online training on 24-10-2023

Once you complete this training, please email or advise your Foster / Kinship care agency or Child Safety support worker. You will need to provide a copy of your completed Quiz 1 and Quiz 2.

Once verified your Foster / Kinship care agency or Child Safety support worker will issue you with a Certificate of Completion for your records.

If you hold a joint certificate, you can complete this training together with the secondary carer so both your names can be included on the certificate.





Water Safety Awareness Introduction

This course has been developed to provide training in relation to the identification of water hazards, water safety and appropriate levels of supervision of children and young people around water hazards.

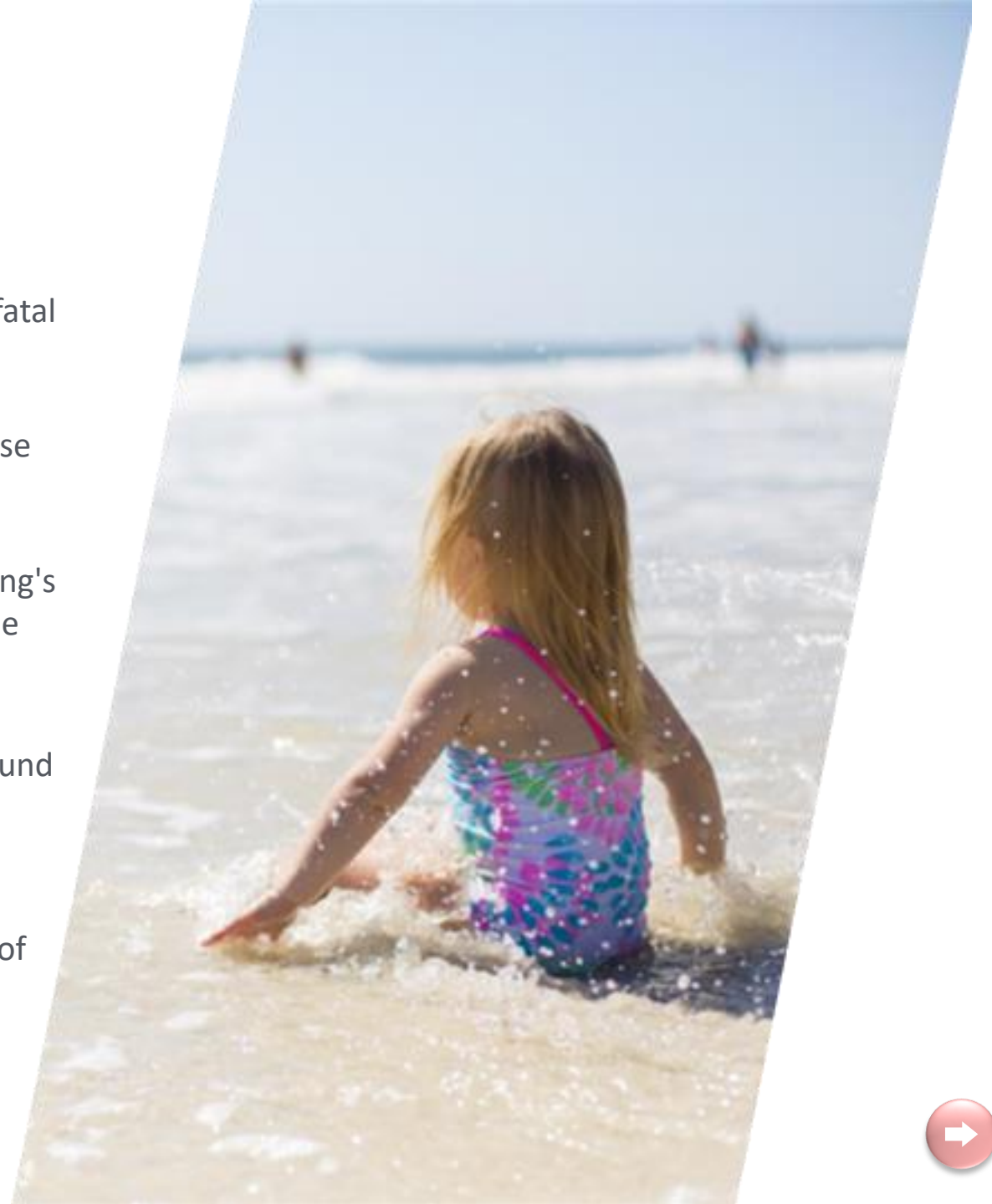
This course has been created in partnership with Kidsafe and Royal Life Saving Australia.



Learning Outcomes

By the end of this course, you will be able to:

- 1 Define 'drowning' and differentiate between fatal and non-fatal drowning.
- 2 Explain the levels of risk different types of water hazards pose to children depending on their age.
- 3 Identify the risk factors that contribute to childhood drowning's associated with parents/caregivers, the environment and the child.
- 4 Assess the presence of various drowning hazards in and around a home as well as in the community and how to reduce the drowning risk they pose to children.
- 5 Utilise a range of resources to increase your understanding of water safety when working with parents and caregivers to reduce drowning risks.



1. What is drowning?



2. Drowning risk by age



3. Risk Factors

- Parental and caregiver risk factors
- Child risk factors
- Environmental risk factors



4. Where can drowning occur (Part 1)

- Drowning hazards around the home



5. Where can drowning occur (Part 2)

- Drowning hazards away from home



6. Conclusion



MAIN MENU

Click on the grey buttons to navigate through the training



What is drowning?

- Drowning is the process of experiencing respiratory impairment from submersion/immersion in liquid. (World Health Organisation 2021)
- There are 2 outcomes from drowning :
 - fatal drowning - death
 - non- fatal drowning
 - morbidity (*suffers ongoing medical conditions*)
 - no morbidity



Water Safety – Ari's story



If the video doesn't play click [here](#)



Fatal Drowning

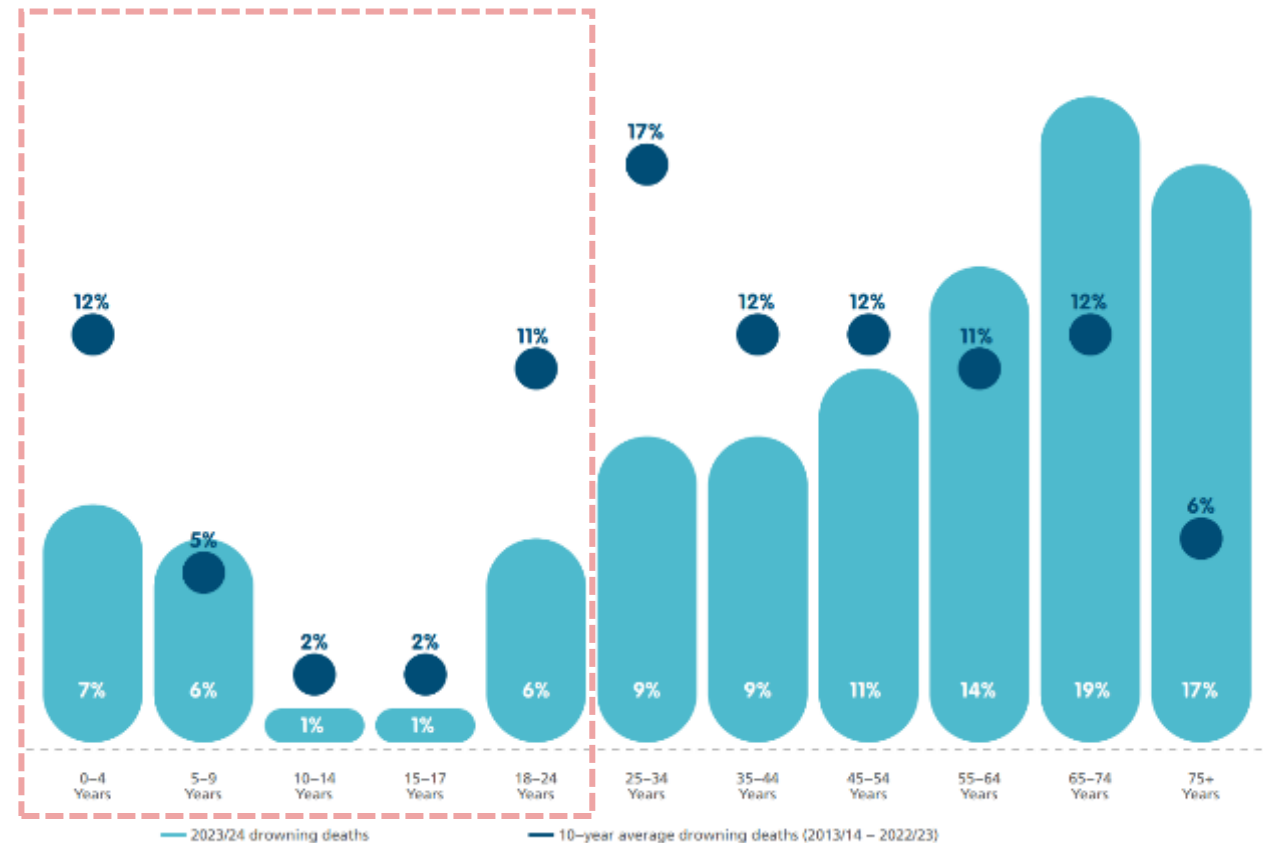
The Royal Life Saving National Drowning Report 2024 provides this graphical breakdown of fatal drownings by age.

70 drowning deaths occurred in Queensland in between 1 July 2023 and 30 June 24 across all age groups – this is the second largest number of unintentional drowning deaths for a State or Territory in Australia which is an increase of 8% of drowning deaths from 2022/23

Children aged 0-4 years of age are at the highest risk of a fatal drowning.

Changes made to legislation such as to pool fencing regulations along with water safety messaging have made a significant impact for this age group as in this reporting period 0–4-year-old drowning deaths are down 25% below the 10-year average.

Queensland drowning deaths by age group, 2023/24





Fatal Drowning

While it is possible to survive drowning with no neurological injury at all, other possible outcomes of non-fatal drowning include disability, coma or brain death.

The extent of the brain injuries sustained are determined by the amount of time the brain is without oxygen. Functional failure begins within seconds, and irreversible brain damage or death can occur within four to ten minutes.



The 'ripple effect' of drowning

- In Queensland, approximately 11 children and young people fatally drowned in 2023/24. Nationally, during 2023/24 period 42 children and young people drowned.
- There are eight non-fatal drowning incidents for every death among children aged 0 to 4 years, the highest fatal to non-fatal drowning ratio of any age group. Two out of three of those who survive will be admitted to hospital.
- Each of the immediate families involved in a drowning incident – whether fatal or non-fatal – can experience significant emotional, financial and social stress.
- A child who has survived a drowning incident and is hospitalised creates an emotional overload for most parents or caregivers.
- Additionally, family and household routines are often impacted by the hospitalisation or increased care needs of one child.





Drowning risk by age

Different drowning risks exist for each childhood age group.

Different types of water hazards pose different levels of risk to children, depending on their age.



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Drowning risk by age



Drowning risk by age

Babies (0–1-year-old)

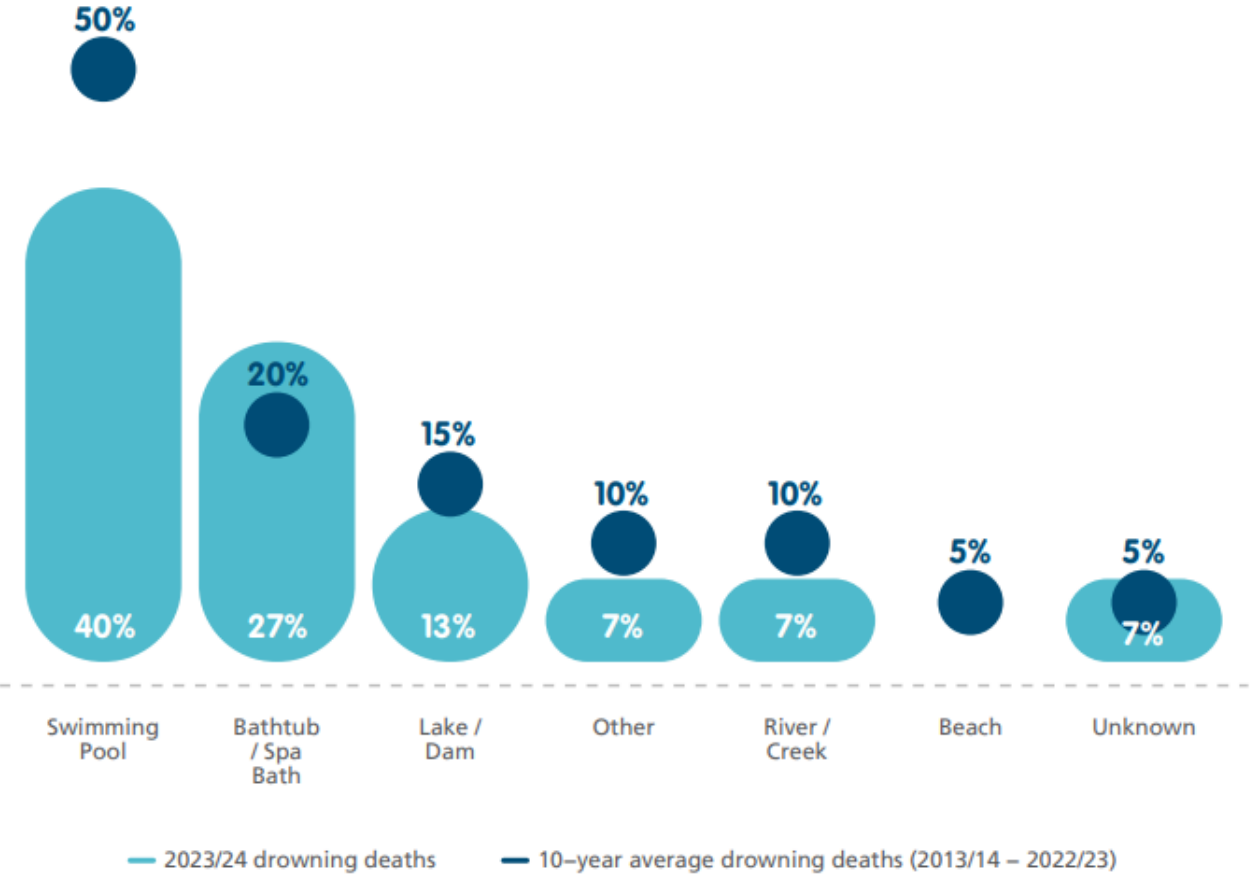
- Infants aged less than 1 year of age are more likely to drown in a bathtub.
- The 2023/24 report showed that children aged 1 year accounted for the highest number of drowning deaths in the 0-4 age group, with 6 children aged 1 year dying from drowning.
- 20 seconds and a few centimeters of water is all it takes for a baby or toddler to drown.
- Water hazards such as buckets and swimming pools are the next most common locations for drownings.
- Supervision is the most important strategy to use for keeping babies safe around water in this age group.



Drowning risk by age

- Children between 0 to 4 years of age are most vulnerable to drowning in swimming pools due to their increased mobility and curiosity.
- 0–4-year age group represents 5% (15 children) of drowning cases in the 2023/24 period.
- 87% of all drowning deaths in this age group were males, with most drowning deaths occurring from a fall into water (60%)

Drowning deaths of children aged 0-4 years by location, 2023/24



Drowning risk by age

Children (5 to 14 years)

- 14 children aged between 5 to 14 years of age, represented 5% of drowning cases in 2023/24.
- Females represented the majority of drowning deaths in this age group (60%), the only group to do so.
- Increase of 40% drowning deaths for this age range in 2023/24 compared to the 10-year average.
- The majority of drowning deaths in this age group occurred in a river/creek (43%) due to an unintentional fall into water, reinforcing the need for swimming and water safety skills to assist in unexpected situations.
- The majority of drowning deaths for this age group occurred in the summer months (60%) including the peak holiday period.

Drowning deaths of children aged 5-14 years
by activity, 2023/24

43% Fall



21% Swimming and Recreating



14% Swept In



7% Bathing



7% Boating



Drowning risk by age

Children (15- 19 years) cont....

- Drowning deaths in this age group contributed to 3% of drownings in 2023/24 period, a decrease of 1% compared to the 10-year average.
-
- Research provided by Royal Life Saving for 15–24-year-olds, show that 2023/24 recorded the highest number of drowning deaths compared to the previous 5 years.
 - 82% of drowning deaths were males.
 - The beach, river and creeks contributed to 67% of drowning deaths in this age category.



Water safety in regional and remote areas



If the video doesn't play click [here](#)



A scenic landscape featuring a bright blue sky with scattered white clouds. In the foreground, a dark asphalt road curves from the bottom left towards the center. To the right of the asphalt road is a wide, reddish-brown dirt road. The background shows a flat, open landscape with sparse, dry vegetation under a clear sky.

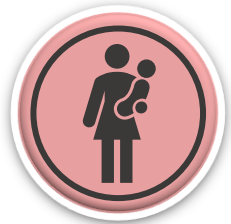
Water safety in regional and remote areas

- 1/3 of the Australia population live in regional and remote communities, outside the major cities.
- Regional and remote communities pose unique challenges for water safety drowning prevention.
- Dams are the most common location for child drowning deaths.
- Be vigilant when caring for children and young people from rural and remote locations when partaking in water activities.



Why are children at risk of drowning?

There are many risk factors that contribute to childhood drownings, as shown below. We will look at each of these factors in turn, beginning with parental and caregiver risk factors.



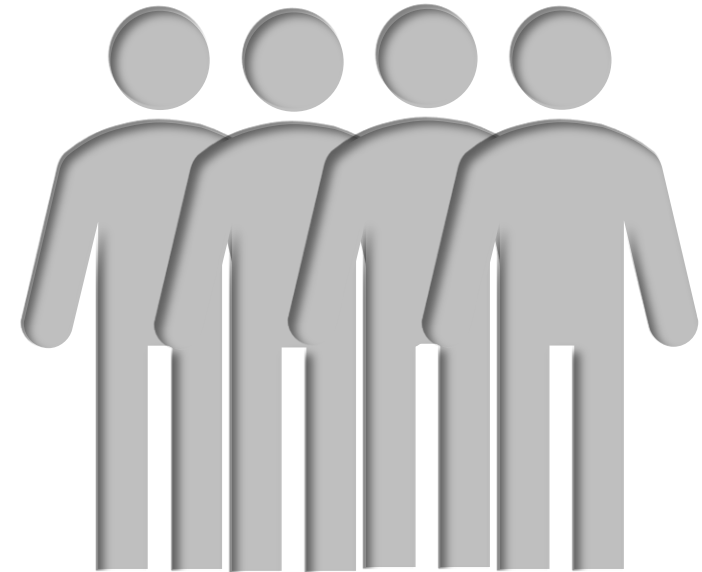
Parental and caregiver risk factors



Child risk factors



Environmental risk factors



82% of all drowning deaths in Queensland in 2023/24 were males



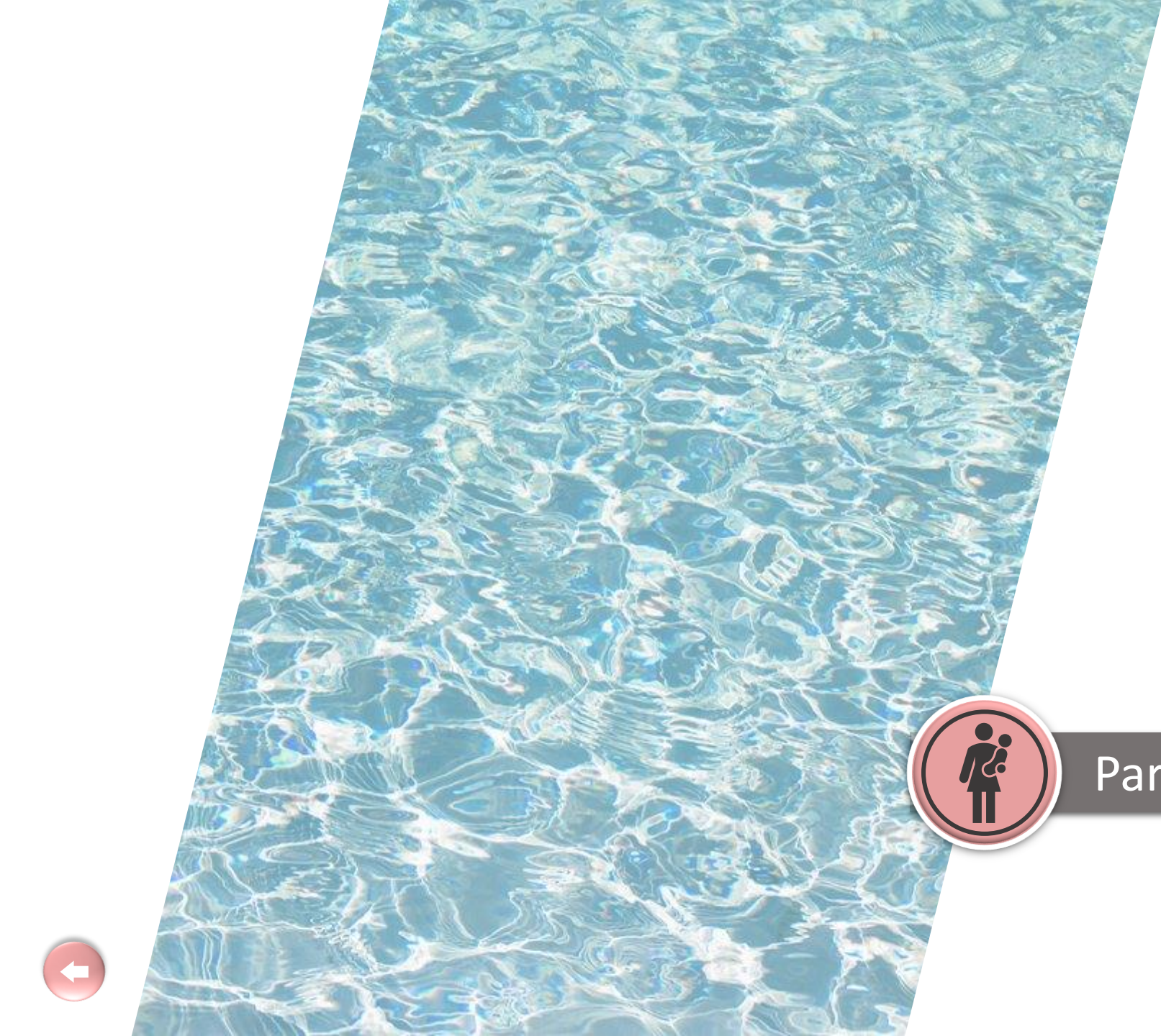
[Main Menu](#)





Risk Factors





Parental and caregiver risk factors



Parental and caregiver risk factors

A significant factor in childhood drowning is a lack of appropriate parental or caregiver supervision of children around water hazards.

Refer to the icon points to learn about the drowning risk factors associated with the parent and caregiver.



The parent or caregiver may have unrealistic expectations of a child or a young person's ability to exercise self control over their own behaviour in or around water.



The parent or caregiver provides inadequate supervision to a child or young person in or near environments where water hazards are present.



The parent or caregiver may underestimate a child or young person's capacity to gain access to areas where parental supervision is necessary due to water hazards (e.g. swimming pools or water features such as a pond).



The parent or caregiver can be distracted during busy times such as changeover time from contact visits, when another parent comes home, meal preparation, feeding of animals, use of mobile phones, parental illness, when visitors call and/or when bathing other children.



Keeping children safe around water



A false sense of security can occur when each parent or caregivers mistakenly assumes that the other adult is supervising a child or young person.



Parents or caregivers not knowing about or not being prepared for new risks and hazards associated with unfamiliar environments.



Complacency or a 'comfort zone' around the home results in parental or caregiver vigilance/supervision being reduced.



A false belief that pool safety devices such as retractable pool ladders, pool alarms, pool covers, baby bath aids or flotation devices provide adequate protection for children and young people.



Parents or caregivers being unprepared when bathing a child or swimming with a child or young person, resulting in the child or young person being left unsupervised (e.g. leaving a child to fetch a towel).



Lack of knowledge of cardiopulmonary resuscitation (CPR) and/or apprehension to administer this action – 'Have a go, push and blow and as soon as possible call 000!'





Child risk factors



Childhood drowning is a quick and silent event. A drowning child does not usually cry out for help, cough or splash. A child can swallow water, sink and lose consciousness in less than a minute.



Child risk factors

There are specific risk factors for childhood drowning which involve the child themselves.

Refer to the icon points to learn about the drowning risk factors associated with the child.



Babies have no ability to recognise dangerous situations or get themselves out of trouble due to having no judgment, limited strength and physical coordination.



Young children are attracted to water and they often seek it out. They are also attracted to colourful toys left in the pool or floating on the water.



Young children are not able to understand the concept of danger, therefore, do not understand the possible consequences of falling into water.



Infants and toddlers generally lack sufficient strength or coordination to swim and breathe at the same time, so they cannot be taught to swim effectively.



Young children who have basic swimming skills are not water safe or 'drown-proof', as they may panic or forget their swimming skills in an emergency or unfamiliar environment.



Keeping children safe around water



Infants and toddlers generally lack sufficient strength or coordination to swim and breather at the same time, so they cannot be taught to swim effectively.



Children and young people initially have an underdeveloped level of mobility and speed of reaction or movement, which improves as children age. This can make swimming difficult and can also reduce children's ability to navigate around water hazards safely.



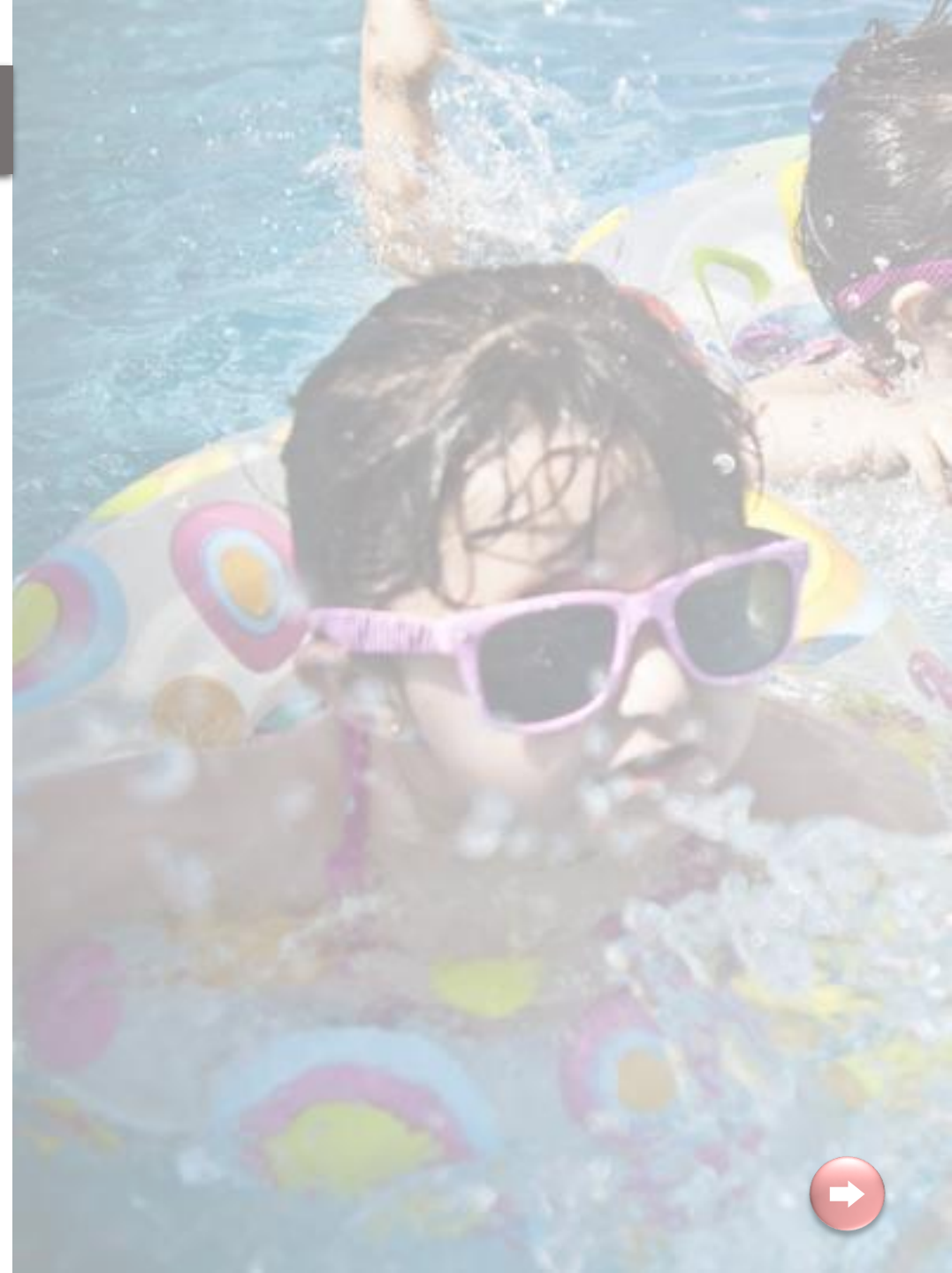
A child or young person may have a physical and/or intellectual disability, which may impact on their ability to swim, depending on the severity of the condition.



A child or young person may have an illness or a medical condition (e.g. epilepsy). The child may have an acute injury (e.g. being knocked unconscious before entering or on entering water.)



A child or young person may not follow their parent or caregiver's instructions to keep away from water hazards.





Environmental risk factors



Environmental risk factors

There are risk factors for childhood drowning associated with how environmental factors (that is, water hazards) are located and managed. These environmental factors will be discussed in more detail in this course in the following module:- **Where can drowning occur?**

Refer to the icon points to learn about the drowning risk factors associated with the child.



Absence of/or ineffective safety barriers such as a fence around a home swimming pool.



A lack of maintenance of fencing around water hazards to prevent access or fencing that does not comply with current recognised standards for pool safety.



Not having a 'child safe play area' around the home or on a rural property where a child or young person under the age of 5 years reside, can enable children and young people to gain access to water hazards.



Items of furniture, pot plants or other large climbable objects being placed near or around pool fencing, enable a child or young person to scale fencing and access the water hazard.



Tempting objects being left in or around the water hazard such as pool toys and balls.



Environmental risk factors



The temperature of the water (e.g. when the temperature of water is different to what the child is used to this may upset or confuse the child).



Steep or slippery entry or exit points to bodies of water, e.g. dam banks, pools.



Children following animals into dams, weirs and creeks etc.



Weather, such as tidal flows and flooding associated with bad weather and the speed at which a body of water is flowing, as well as the danger of submerged objects.



RECAP

The previous slides have covered:

- *what drowning is and the difference between fatal and non-fatal drowning*
- *the different risks for drowning based on a child's age*
- *the risks for drowning which are associated with parents and caregivers, children and the aquatic environment (water hazards).*
- In the next section you will learn more about the drowning risks posed by the different water hazards in and around the home.

*Please click on the link below to complete the first Quiz. Don't forget to **save** and **print your quiz** upon completion to provide to your Foster / Kinship care support worker or Child Safety support worker.*

[QUIZ 1](#)

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Where can drowning occur? Part 1

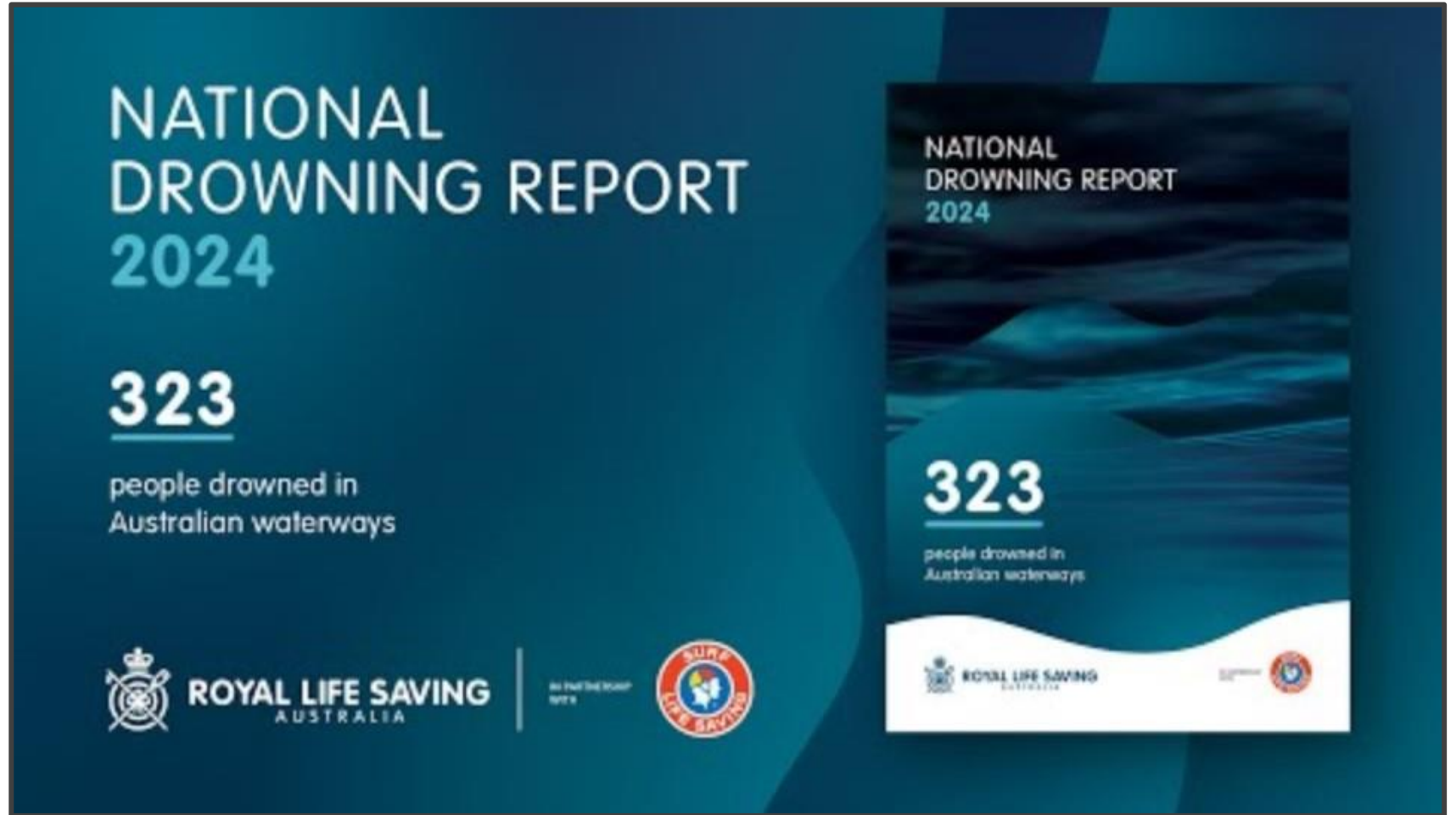


Where can drowning occur?

The Royal Life Saving Society Australia releases an annual report on drowning in Australian waterways.

The 2024 report outlines the statistical data collected on the risks associated with exposure to waterways, rivers, beaches, and community and backyard swimming pools.

Watch the following video (click on the play arrow) for a summary of the report's information on childhood drownings.



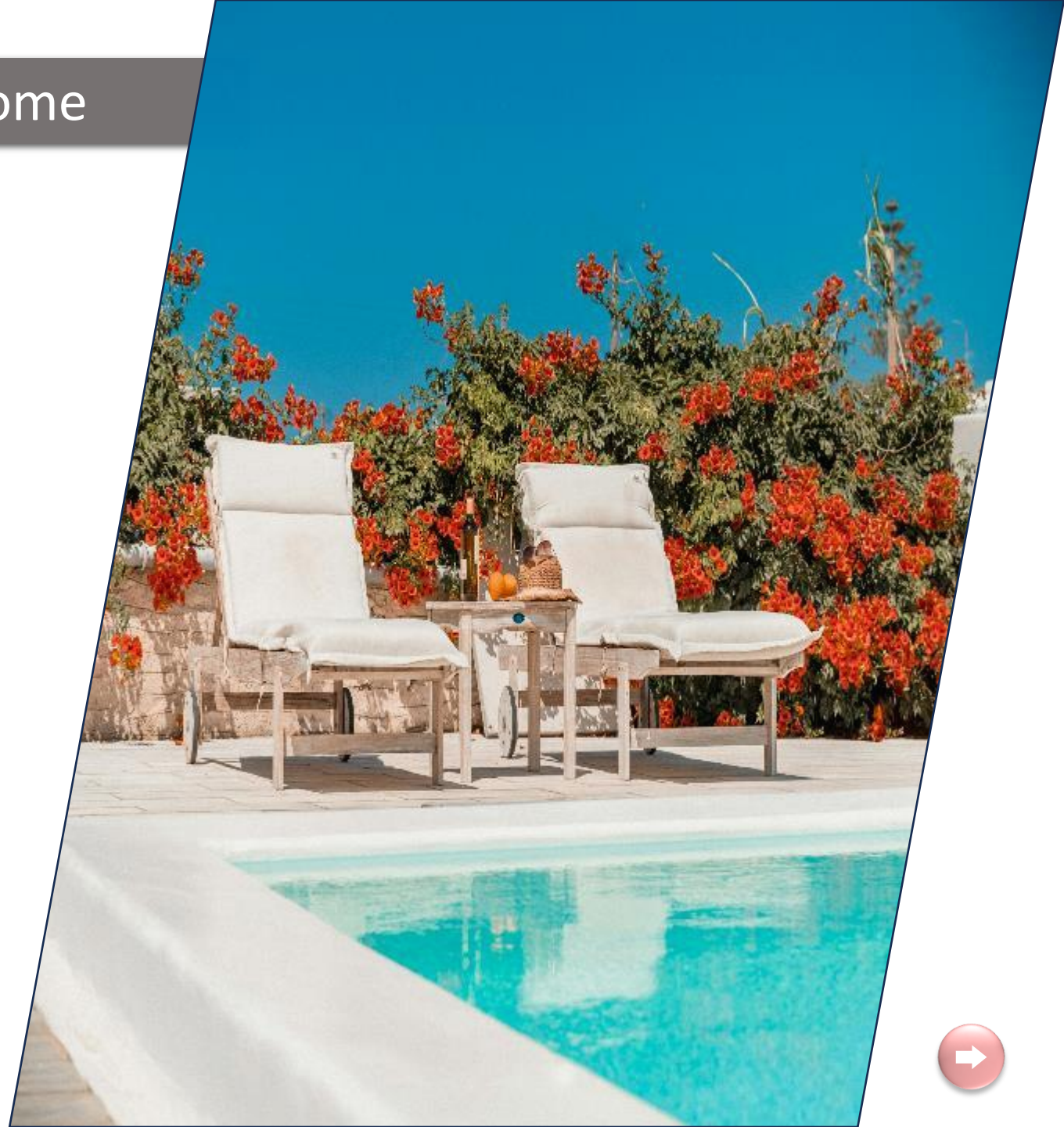
If the video doesn't play, click [here](#)



Drowning hazards in and around the home

As mentioned previously a child can drown in 20 seconds and in a few centimeters of water. This means any body of water can represent a drowning hazard, from animal water bowls to pools and dams.

We'll now look at drowning hazards in and around the home.



Bathtubs

Children less than 1 year of age make up the majority of bathtub drowning deaths of children in Australia.

On average in Australia each year approximately five children aged between 0 and 4 years drown in a bathtub.

Almost all deaths are due to a lack of or lapse of adult supervision.

It's never safe to leave a child alone in the bath even with a bath aide.



Visit the Royal Life Saving Australia's webpage [Bath Time Safety](#) for more information and resources promoting water safety in the bath.



Bathtubs

Parents and carers can keep children safe at bath time by taking the following actions:

- **Actively supervise children at all times** when they are in the bathtub.
- Use bath time as an opportunity to teach children about water safety.
- Never leave younger children unattended in the care of an older child/children – not even for a few seconds.
- Never leave the bathroom to do other activities such as dispose of nappies, fetch clothes, check cooking or answer the phone.
- Always bath a baby 'face up' - with an arm under their head and grasping their arm.



Bathtubs

Parents and carers can keep children safe at bath time by taking the following actions:

- Never use bath seats and chairs as safety devices; they have been known to fail, resulting in drowning. Such devices should also never be used as a substitute for direct supervision.
- Never leave the room with a tap running even if the plug is out, as toys and wash clothes can sometimes block the drain.
- Always empty the bath when finished bathing and close the bathroom door to prevent young children re-entering and having access to taps.



Water containers

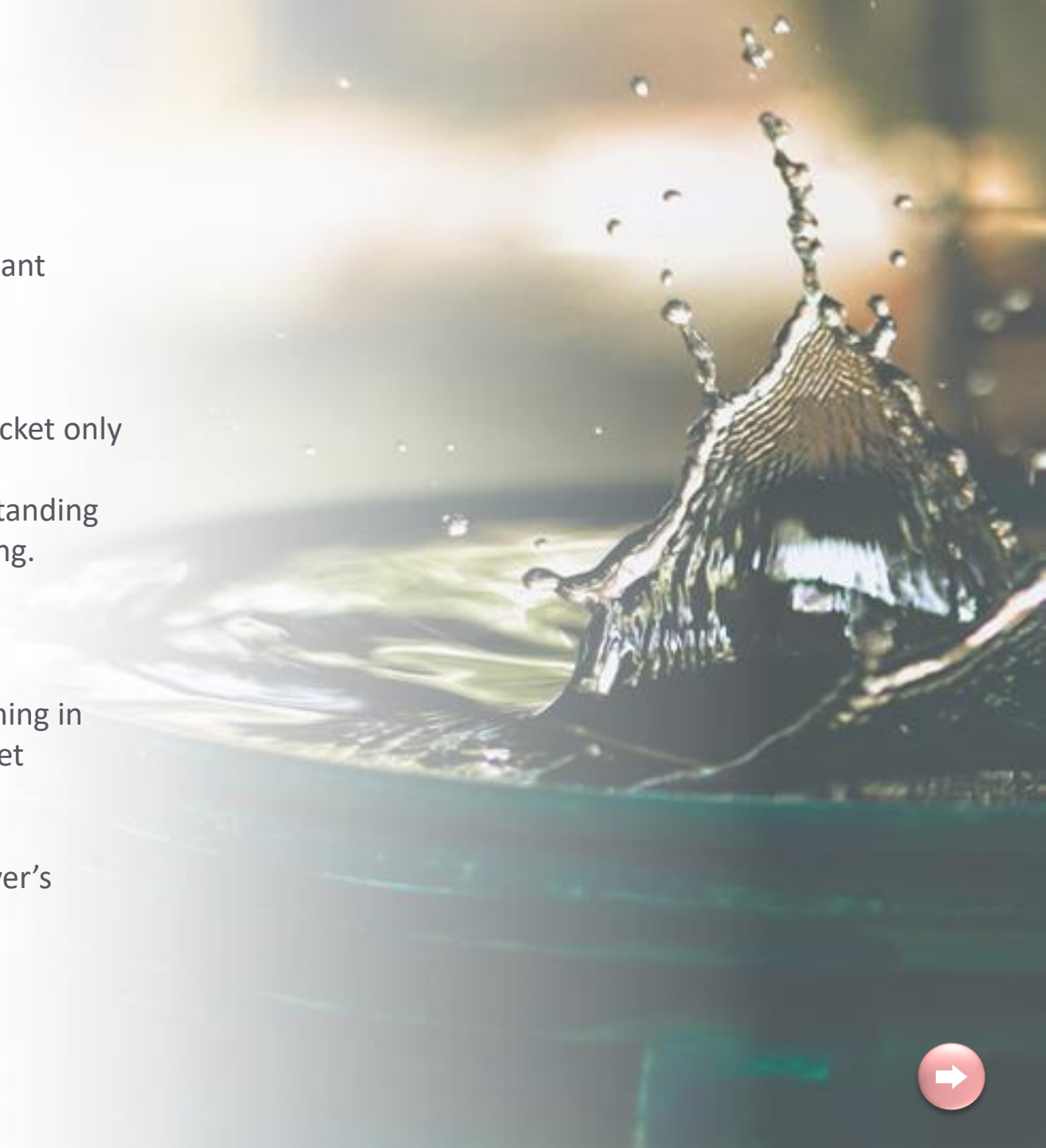
Buckets, bathtubs, eskies (coolers), fountains, fishponds, drains, inflatable pools, pot plants and even pet bowls all pose a significant drowning risk.

Younger children are at a higher level of drowning risk due to:

- A baby or small child can topple head first and drown in a bucket only half full of water.
- Toddlers are curious and increasingly mobile but lack understanding of water related hazards, making them vulnerable to drowning.
- 68% of children who drown, fall into the water hazard.

Children have drowned in water troughs used for animals and ornamental ponds – especially if they have attractive fish swimming in them. Children can topple in head first and may not be able to get themselves out.

Most toddler drowning deaths occur when the parent or caregiver's attention is divided.





Water containers

It is crucial all kinds of water containers are appropriately managed to prevent children accidentally drowning in them. This means parents and caregivers should always ensure water containers are securely locked, emptied, covered, put away and not left where they can fill up with water.

Specifically, parents and caregivers should:

- keep laundry buckets up high and out of reach
- always empty mop buckets and/or watering buckets after use
- never leave containers of water unattended in places that very small children can reach
- swap buckets and large dog water bowls for several small ones, or one that automatically refills
- place a wire grate just below the surface of water for ponds – reducing the depth of a child's fall into the water.



Water containers

When living in rural and remote areas it's important to be aware of water hazards on properties:

- secure portable water tank/s with a lock and secure the lid with a screw
- always cover post holes, as they may fill with water
- Create child safe play areas - fence off an area in the yard, to prevent children wandering off to dams, dips, or water troughs



Visit the Royal Life Saving Australia's webpage, [Farm Water Safety](#) for more information and resources promoting water safety in farm environments.



Portable pools

- Portable swimming pools include inflatable pools, pools incorporating a canvas or flexible plastic liner attached to a frame, and hard plastic pools such as wading pools.
- Water capacity of these items can vary from less than 150mm to over one metre in depth.
- Portable pools pose a serious drowning risk to small children.
- Portable pools are intended for short term use and should be emptied after each and every use as children have drowned when this has not occurred.
- Portable pools deeper than 300mm are required to be fenced as per Queensland pool fencing regulations.
- Australian Consumer Law requires portable pools and their retail packaging to be labeled with warnings drawing attention to drowning hazards and local fencing laws. This is enforced by the Australian Competition and Consumer Commission (ACCC) and State regulators.

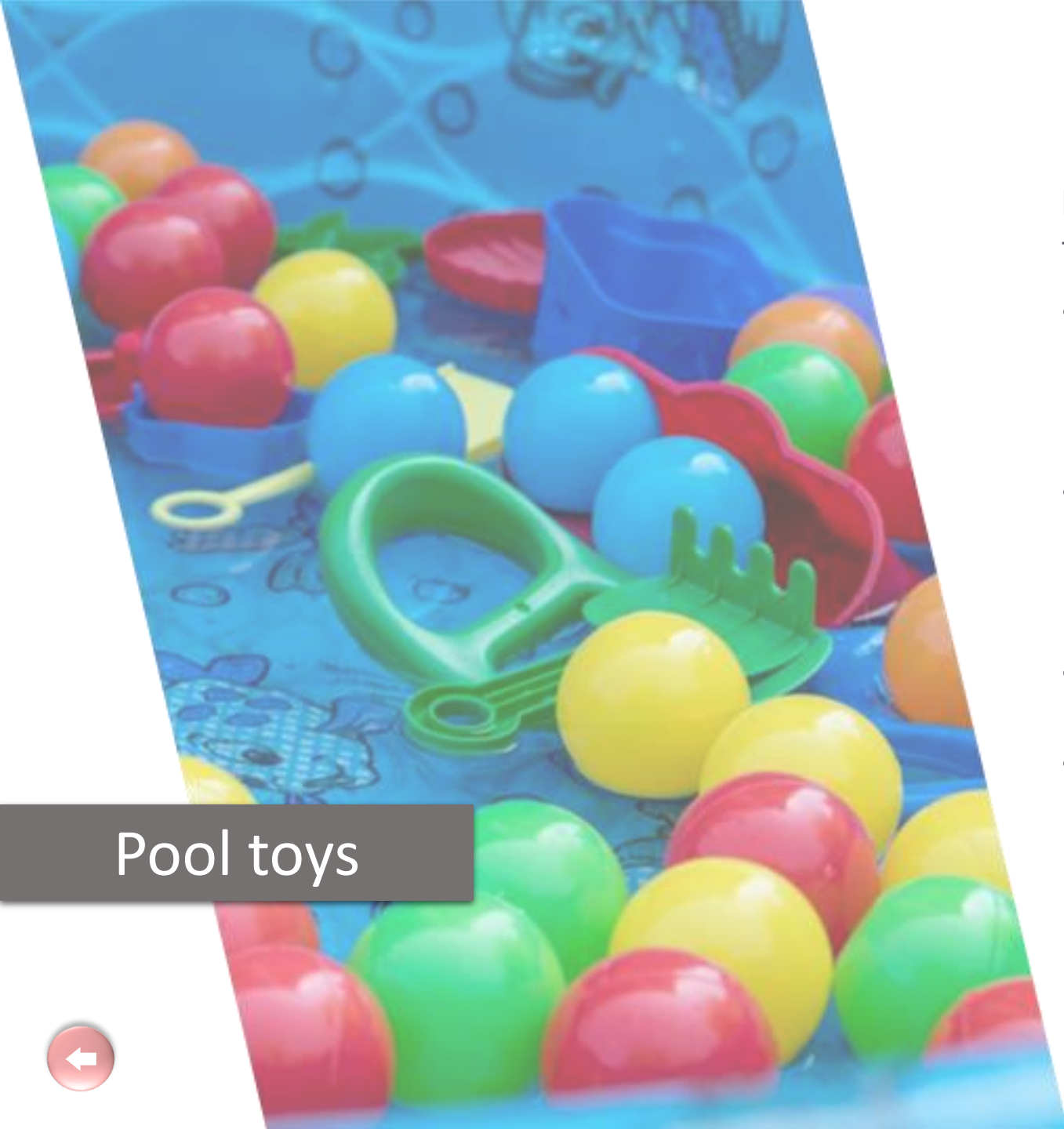


Portable pools

To avoid children drowning in portable pools, parents and caregivers should do the following:

- Actively supervise children and ensure they are within arm's reach whenever they are in or around the water.
- Sit in the portable pool with very young children and hold on to them during water play.
- Never rely on older children to supervise younger children, no matter how confident you are in their abilities to supervise and/or swim.
- Ensure all smaller pools are emptied and put away after every use and stored where they will not fill with rain water or water from sprinklers.
- Not exceed the number of adults or children the pool can safely hold.





Pool toys – noodles, ‘floaties’, dive rings, kickboards, beach balls, and so on – are a lot of fun but can pose the following risks to children:

- When left in and around the pool, toys attract the attention of children who may try to get through or over a fence or reach out from the pool edge to try and get the toy.
- Flotation toys can make a child seem more competent in the water, giving parents and caregivers a false sense of security and leading them to a lack of active supervision of the child.
- Inflatable rings can tip upside down, leaving a child head-first in the water, unable to right themselves.
- Inflatable arm bands (floaties) can be of an incorrect size and slip off the child’s arm or be restrictive. They should have at least three compartments and fit snugly to the arm.

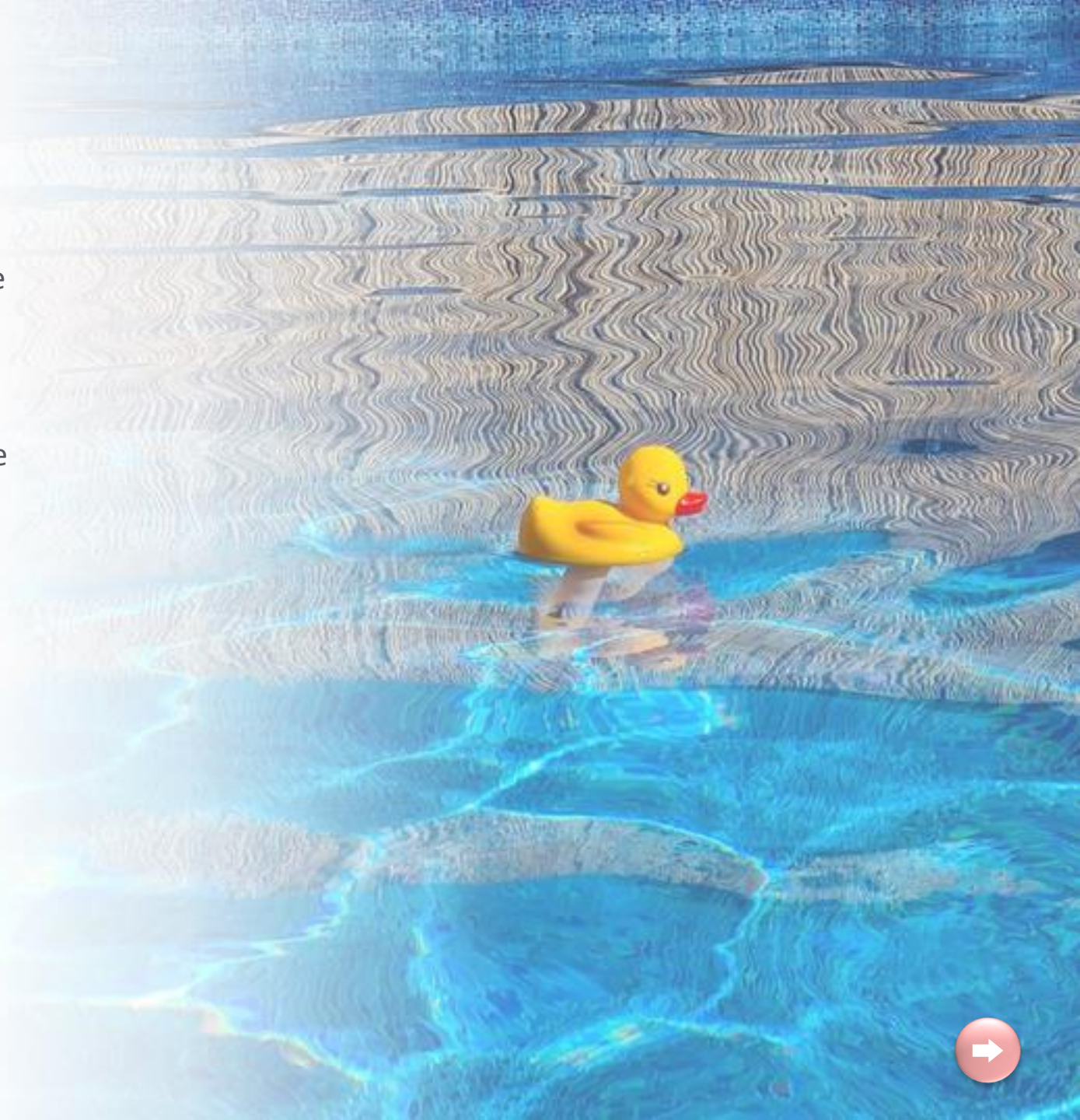
Pool toys



Pool toys

Active supervision should be undertaken to ensure children don't remove their own flotation devices, and to reduce the risks associated with pool toys, parents and caregivers should do the following:

- Ensure their child is the correct weight and size for a particular pool toy by checking the age and weight range when purchasing.
- Never leave pool toys in the pool.
- Securely store all pool toys and other non-essential equipment out of sight and reach of children.
- Only use pool toys as a last resort to reach a child in trouble. Instead use a reach pole or a personal flotation device for a 'reach or throw' rescue.
- Ensure a reach pole or a personal flotation device is stored around the pool for use in a water emergency, particularly if the parent or carer can't swim.



Spa pools

Spa pool owners should have a certified pool inspector check to see if their spa has a cover that is securely fastened so a child cannot get in under it.

The inspector should also look for any of the following dangerous features:

- an open 'potty' shaped skimmer box that children or adults can sit on.
- outlets or filters that are open and can trap hair or body parts, causing serious internal injuries.
- single drainage outlets at the bottom of the pool or spa, rather than on the sides outlet and filter covers that can easily come off and give access to filters.

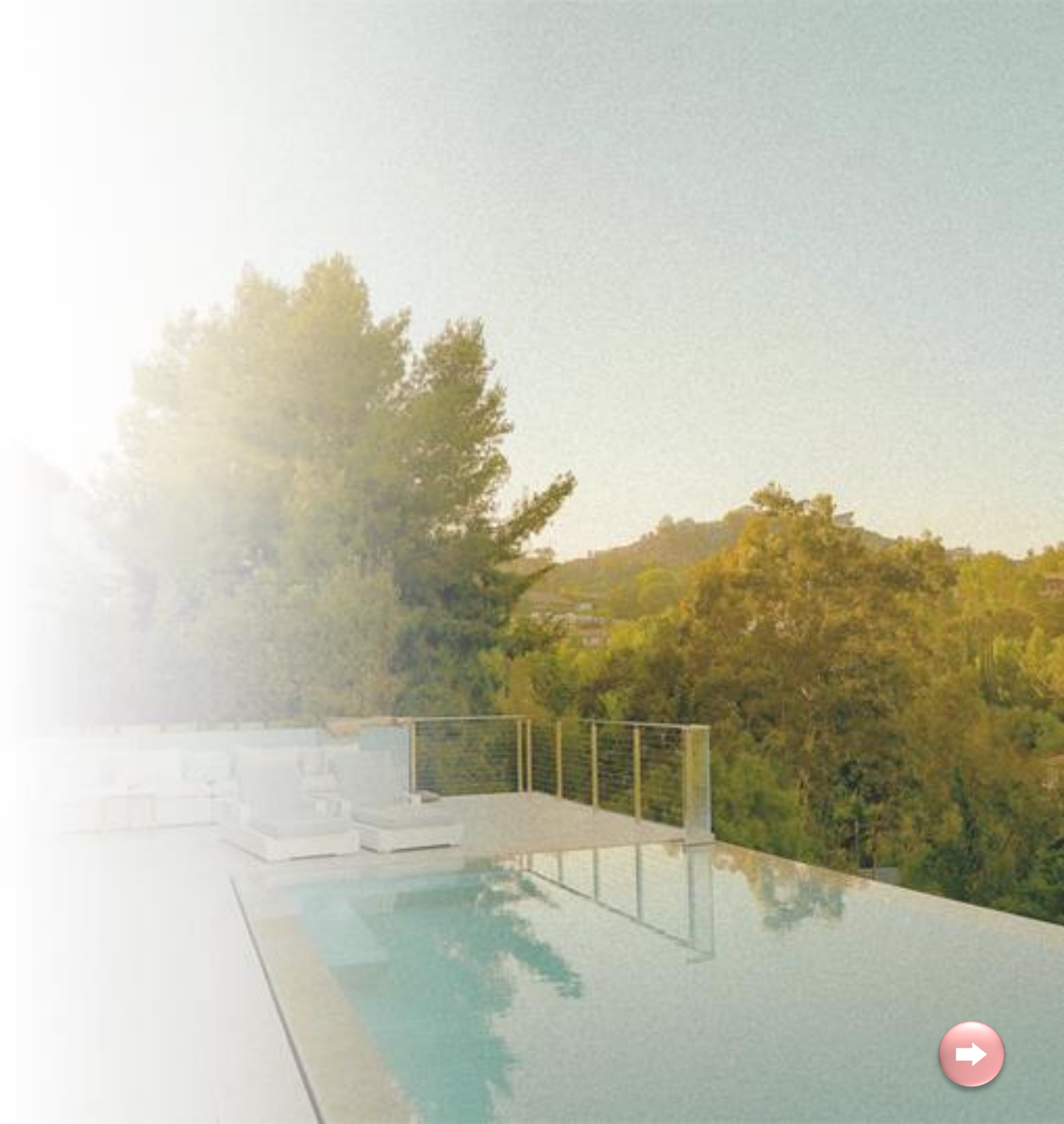


Home pools

Queensland Ambulance Service responded to a total of 144 immersion incidents involving a swimming pool during the 2021/22 period, of which 71 were for children aged between 1 and 4 years of age.

During the past five years, 38% of all drowning related deaths for children occurred in a private swimming pool. Pool fencing laws are aimed at preventing these drowning events.

A child is three times more likely to drown in an unfenced swimming pool, or a pool that has access from the house, than a pool fenced on four sides.



Home pools



HOME POOL SAFETY CHECKLIST

Eliminate child drowning this summer

Over the last five years almost 100 Australian children under the age of five drowned. While all these drowning deaths are preventable, it is 61% that occur in home swimming pools where your immediate action can make a difference. Some just fencing and effective supervision can reduce these tragic drowning deaths to zero. Royal Life Saving is targeting every home pool owner with a basic reminder to check, fix and maintain their home pool and surrounds this summer in order to eliminate child drowning.

Disclaimer: This checklist does not substitute for a pool inspection and is for educational purposes only. Pool owners should consider getting a professional assessment of their pool's compliance.

SWIMMING POOL GATE

- Must open outward from pool
- Latch must be more than 1.5m from the ground
- Must be self closing and self latching
- Must lock shut on the first spring

Does gate swing back to the closed position after being opened?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Replace hinge
Does gate latch and stay closed after it returns to the closed position?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Replace latch
Is gate secure so that it can't be pulled open when latched?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Fix or replace latch
Is gate secure and doesn't open if a child leans on the bottom rail of the gate?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Fix or replace latch
Are you aware of the dangers of propping the gate open?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Never prop gate open
Is the gap between the gate and the fence less than 100mm?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Reduce the gap

SWIMMING POOL FENCE

- Fence is and is good working order
- No more than 100mm from the ground
- Should be at least 1.2m high
- No vertical gaps more than 100mm apart

Are all of the fence panels in place?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Replace fence panels
Are all of the fence panels securely attached?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Secure panels
Have you checked the fence for gaps or holes?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Check and fix fence
Is the distance between the bottom rail and the ground less than 100mm?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Reduce the gap
Have you checked for rusted, loose or missing screws?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Check and replace

AROUND THE SWIMMING POOL FENCE

- Pool ends and toys should be stored securely and out of view
- Objects that could be used to climb the fence should be removed from the area

Have climbable objects near the pool been removed? (e.g. chairs, ladders, toys, pool floats, BBQ's)	<input type="checkbox"/> Yes <input type="checkbox"/> No - Store objects away from fence
Are toys always removed from the pool and stored securely after use?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Store toys securely
Have trees or shrubs near the fence been trimmed so that children can't use them to climb the fence?	<input type="checkbox"/> Yes <input type="checkbox"/> No - Trim trees and shrubs



Pool owners can conduct a self-assessment of their home pool and its surroundings to ensure it is safe by accessing the [Home Pool Safety Checklist](#) available on the Royal Life Saving Australia's website or as an app for smart phones.

The Home Pool Safety Checklist noted above features eight sections:

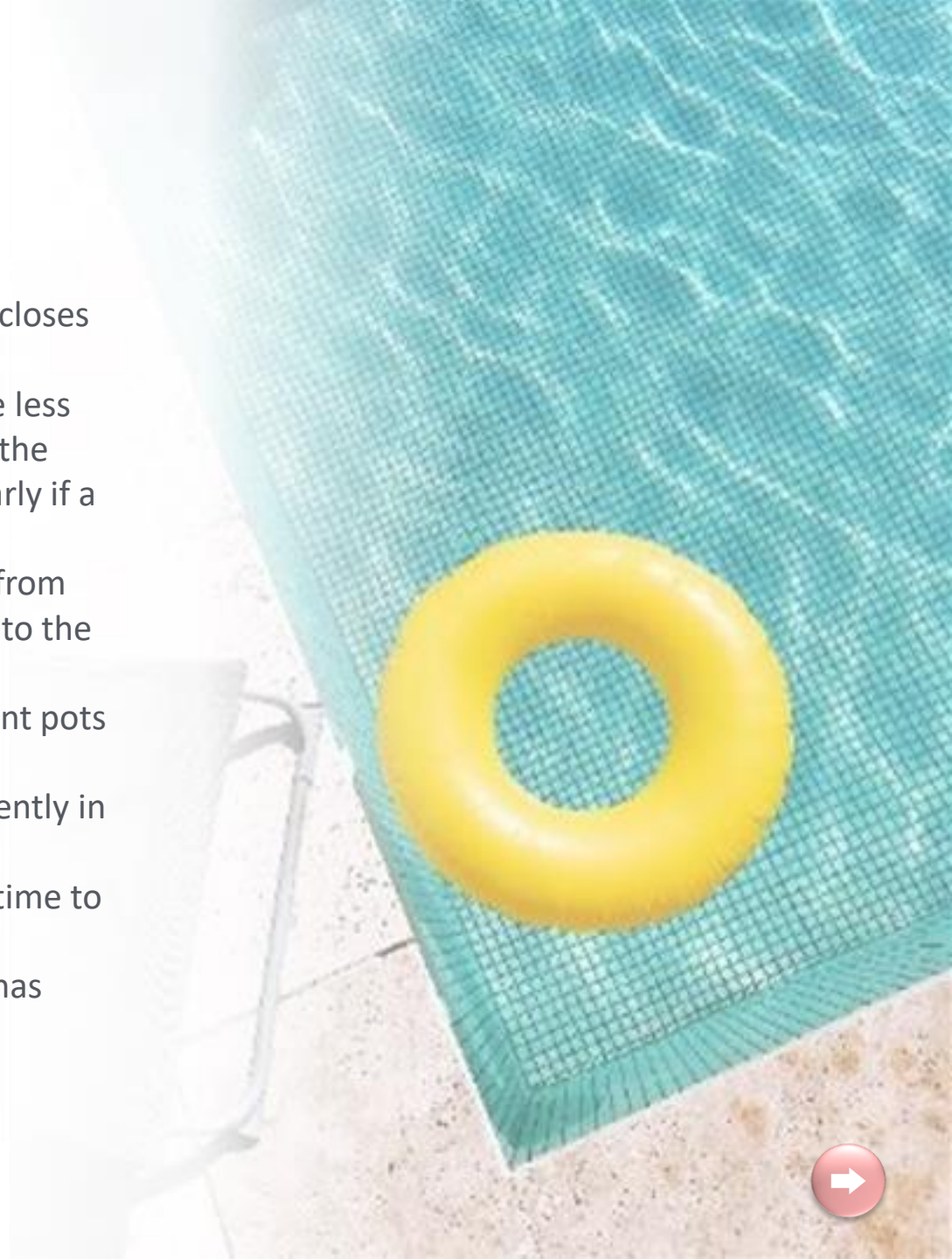
- swimming pool gate
- swimming pool fence
- around the swimming pool fence
- supervision
- pump, grates and suction
- emergency preparation
- chemicals
- electricity.
- This checklist does not substitute for a formal pool inspection (mandatory in Queensland).



Home pools

In essence, the pool laws in Queensland require the following:

- All pools must have a sturdy well-maintained fence and gate which self-closes and self-latches.
- The pool gate should open outwards away from the pool so children are less likely to slip in unnoticed behind a parent or caregiver when they enter the pool area. A gate that opens outward is more difficult to open, particularly if a child positioned a chair in front of it to access the gate latch.
- Pools should have fences on all four sides and not allow access directly from the house. Children have drowned by crawling through a cat/dog flap into the pool area.
- All climbable objects such as barbecues, outdoor furniture, toys and plant pots need to be kept away from pool fences.
- A cardiopulmonary resuscitation (CPR) sign should be displayed prominently in all pool areas and kept in good condition, current and readable.
- Pool gates must never be propped open and must close securely every time to keep children out of the pool when a parent or caregiver is not present.
- Pool gates can be fitted with alarms which provide an alert if someone has entered the pool area, or if the gate has been propped open.



Home pools

RSL Australia identifies 4 key actions for keeping children safe around water:

- **Supervise** – Actively supervise children around water.
- **Restrict** – Restrict children's access to water.
- **Teach** – teach children water safety skills.
- **Respond** – Learn how to respond in the case of an emergency.



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Where can drowning occur? Part 2



Drowning hazards
away from home





Public pools

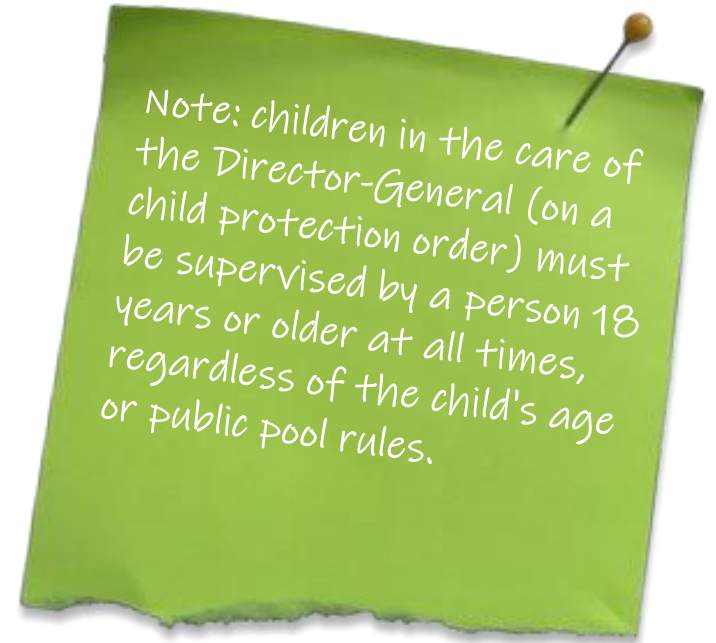
- Public pools are high-risk drowning areas for children.
- Children aged 5 to 14 years have the highest fatal drowning rates compared to .
- A lack of direct supervision by a parent or caregiver is believed to be a contributing factor in 70% of all drowning deaths at public pools.



Public pools

Parents and caregivers can reduce the risk of drowning at public pools by:

- providing the children in their care with active supervision, children need **'all of your attention all of the time'**
- remaining responsible for the wellbeing and safety of the children in their care - lifeguards are not babysitters
- never leaving children unsupervised or in the care of older children
- always being in the water and within arm's reach for 0-5 year old's and non-swimmers
- engaging with the child such as playing with them or talking to them while swimming
- getting dressed into swimwear prior to entering the pool area to reduce the need to leave children unattended to go and change.



Note: children in the care of the Director-General (on a child protection order) must be supervised by a person 18 years or older at all times, regardless of the child's age or public pool rules.



Public pools

Note: Children aged 6–10 years require active supervision, so parents or caregivers must be prepared to enter the water with children in this age group.

For children aged 11–14 years, it is recommended that parents or caregivers regularly check on their activities in and around water by physically going to their location, as this age group is still at risk of drowning despite having a higher degree of independence.



Visit the Royal Life Saving Australia's webpage, [Keep Watch at Public Pools](#), for more information and resources promoting water safety at public pools.



Flood water or heavy rain

Parents and caregivers should always have a backup plan for when heavy rain or flooding is likely to occur near school pick up time.

A backup plan should reduce impulsive decision-making as potential risks have been considered for themselves and the children in their care.



Flood water or heavy rain

Some things to remember about flood waters or heavy rain include:

- never play in or drive into flood water – ‘If it’s flooded forget it’ it is difficult to judge the depth or speed of water
- it is impossible to tell the condition of a road or bridge when it is under water
- a strong current can lift a heavy vehicle off the road
- children and adults have been swept away in cars by flood water
- currents and flooded drains can pull and trap a person under water
- adolescents are more likely to fatally drown in rural and remote locations such as rivers, creeks and weirs where water is moving or has a strong current.



RECAP

In this section you have covered information on Where drowning can occur with a focus on:

- *Drowning hazards in and around the home*
- *Drowning hazards away from the home*

You have almost completed Water Safety Awareness training.

Please complete Quiz 2 by clicking on the green button below.

Don't forget to print and save your quiz.

Once you have completed the quiz come back to this screen to read through the 'What to do now?' slide.

[QUIZ 2](#)

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Conclusion

Well done in completing Water Safety Awareness training, we hope you found this information helpful.

Stay mindful of potential drowning risks around the home as well as in public places.

REMEMBER – Be aware, be observant and educate, to help children and young people be water safe.



What to do now?

As you have completed the Water Safety Awareness training, please email or advise your Foster / Kinship care support agency or your Child Safety support worker that you have completed this training.

Please also provide them with a copy of the completed Quiz 1 and Quiz 2.

Once this information has been received, either your Foster / Kinship care support agency or Child Safety support worker can complete your Certificate of Completion for Water Safety Awareness and provide you with a copy.

[Click here to close this window](#)

