



WATER SAFETY FOR CHILDCARE CENTRES

RESOURCE KIT



Royal Life Saving

THE ROYAL LIFE SAVING SOCIETY - WESTERN AUSTRALIA INC.



PARTNER:



Government of Western Australia
Department of Health

BHP

ABOUT THIS RESOURCE KIT

Water should be a fun and safe environment for children but sadly drowning remains the leading cause of preventable death in children aged 0 to 4 years in Australia.

The good news is that there are simple steps parents and carers can take to keep children safe and set them up for a lifetime of enjoying the water!

Childcare and early learning centres can play an important role in promoting water safety messages to both children and parents.

This resource pack is provided by the Royal Life Saving Society WA and contains:

- Suggestions for promoting water safety in your centre
 - For parents and educators
 - For children
- A water safety lesson guide
- Links to further resources and information

ABOUT THE ROYAL LIFE SAVING SOCIETY WA

The Royal Life Saving Society WA (RLSSWA) is a not-for profit organisation, serving the community as the largest provider of water safety education in Western Australia. Our volunteers, members, trainers, employees and lifesavers are found in almost all communities.

ABOUT KEEP WATCH

Keep Watch is RLSSWA's toddler drowning prevention program. This education and awareness program promotes water safety information to parents and carers of children aged 0 – 4.

Keep Watch promotes four key actions parents can take to keep their children safe around water.

- Supervise – Always keep watch of your child in and around water
- Prevent your child's access to water at all times
- Learn – Teach your child to be water confident
- Respond – Learn CPR and call 000 in an emergency

ABOUT TODDLER DROWNING

In Western Australia, on average, four toddlers fatally drown every year, with dozens more admitted to hospital. 90% of toddler drownings occur around the home, with swimming pools, baths and fishponds the most common drowning locations.

Children in this age group are vulnerable to drowning because they are naturally curious and attracted to water which puts them at great risk of falling into water. The biggest contributing factor to toddler drowning is a lack of adequate adult supervision and a few minutes of distraction can be enough time for a child to find and enter the water.

WANT TO KNOW MORE?

You can find contact details for RLSSWA at the end of this kit or visit www.royallifesavingwa.com.au



PROMOTING WATER SAFETY AT YOUR CENTRE

WOULD YOU LIKE TO PROMOTE WATER SAFETY AND DROWNING PREVENTION MESSAGES AT YOUR CENTRE BUT DON'T KNOW WHERE TO START?

Summer time is a great opportunity to hold a water safety day, week or even month! This allows you to consolidate learning for children by providing regular activities and discussion. It also provides a great opportunity to build on this with take-home information for parents. There are a number of suggestions for activities below.

For more information or to order any resources please complete the expression of interest form at the end of the resource kit or visit the RLSSWA website.

FOR PARENTS AND EDUCATORS

WATER SAFETY DISPLAY

You can create your own posters and signage for a display or contact RLSSWA to order free toddler drowning prevention resources. A resource order form can be found at the end of this pack and you can see examples of the resources available on the RLSSWA website.

WATER SAFETY PRESENTATIONS FOR PARENTS

RLSSWA provides free toddler drowning prevention presentations for parents. These sessions cover where and why toddlers drown, risk areas around the home and preventive actions to keep children safe. If you would be interested in hosting a presentation at your centre, please complete the expression of interest form.

PROFESSIONAL DEVELOPMENT FOR EDUCATORS

RLSSWA provides free professional development sessions for educators. These sessions cover drowning statistics, prevention strategies and how to promote water safety in your centre and to families. Please complete the expression of interest form to request a presentation.

HOST A HEART BEAT CLUB

RLSSWA believes that everyone should know the lifesaving skills of CPR and first aid and to achieve this we offer a CPR and first aid course designed specifically for parents of young children. The Heart Beat Club is a 3 hour session that covers CPR and other common childhood injuries such as choking, burns and poisoning. The course costs only \$20 per person and if you have a group of ten people or more we can send a trainer to you! You may like to offer this to parents at your centre on an evening or weekend. Please complete the expression of interest form for more information.

NEWSLETTER ARTICLES

If you have a regular newsletter why not include some water safety advice for parents during the summer months. You can either find information on the RLSSWA website or contact keepwatch@royallifesavingwa.com.au and we will happily provide you with some content.

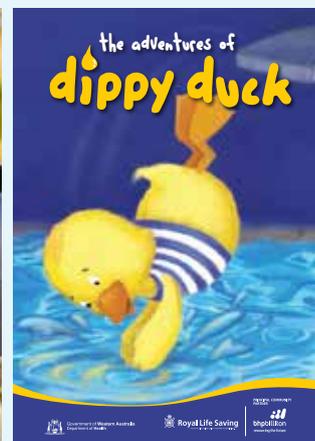
FOR CHILDREN

BORROW DIPPY DUCK

A great way to begin or end a session on water safety is with a visit from the RLSSWA mascot Dippy Duck! Dippy loves to dance, wave and give high-fives.

RLSSWA has a Dippy Duck mascot suit that is available for childcare centres to borrow free of charge. The suit can either be collected from the RLSSWA office in Mt Claremont or couriered to your centre (delivery fee applies).

If you would like to use Dippy to promote water safety and support the activities running in your centre, please complete the expression of interest form.



CHILDREN'S ACTIVITIES

The children's water safety story book The Adventures of Dippy Duck is available free of charge in either small (A5) or large (A2) size. The book can be used as part of the suggested lesson guide (below) or during your regular story time.

A selection of Dippy Duck colouring-in pictures can be found on the RLSSWA website or ordered below.

WATER SAFETY LESSON GUIDE

THE FOLLOWING LESSON GUIDE SHOULD TAKE APPROXIMATELY 30 MINUTES TO DELIVER. IT IS MOST SUITABLE FOR CHILDREN AGED FOUR TO FIVE YEARS.

Text in **bold** indicates questions. Text in *italics* indicates possible responses.

Today we're going to talk all about staying safe around water. Going swimming can be very fun but you have to be careful to stay safe. We will think about some rules we need to follow whenever we're going to go swimming.

Who likes to go swimming?

What are some places we go swimming?

Beach, home pool, public pool, river etc.

Today we have four rules to talk about to swim safely and have fun!

1. Before we can even think about going swimming there is something that we need to have with us.

Do we go swimming all by ourselves?

No

Does someone need to come with us when we go swimming?

Yes

Who do we need to take swimming with us?

- *Mum and Dad*
- *Grandparents*
- *Friend's parents, aunties, uncles etc.*
- *Brothers and sisters (if anyone suggests this remind them that they would need to be grown up brothers and sisters otherwise we still need an adult)*

All of these people are adults/grownups. So rule number one is to always go with an adult.

Is that the only rule we need to remember to go swimming?

No, remember there are 3 more things we have to do to be safe when we go swimming.

2. So we have our adult but there are some other things we need as well.

Would you go swimming wearing the clothes you have on right now?

No.

There are special things we have that are just for swimming. I have brought along a bag of things we might need for when we go swimming.

What could be in our bag?

(Pull out items as they give answers. Can include goggles, rashie, kick board, towel, hat, sunscreen – anything else you want to add that is relevant)

Prompt questions if needed:

What about some things to keep us safe from the sun?

What do we need when we get out of the water and we're cold and wet?

What might we use in swimming lessons to help us when we kick?

That's everything from my bag which means that we have rule number two – to be ready for swimming with everything we need.

So we have our adult, we are ready with everything we need...can we go swimming yet?

No, remember there are two more things we have to do to be safe when we go swimming.

3. The third thing we need to do is to move safely.

What do we think is a safe way to move around water?

*Demonstrate running, hopping, skipping, jumping etc.
For each movement ask:*

Is this a safe way (thumb up) or an unsafe way (thumb down) way to move around the water?

Can you tell me how to move safely around the water?

Walking

Why do we walk around water instead of running or jumping?

Could slip and fall into the water or hurt ourselves or someone else

So now we have our adult, we are ready with everything we need, we know to move safely by walking around water – are those all the rules we need to remember to swim safely?

Not yet, there is one more thing we have to do to be safe when we go swimming.

4. We've arrived at the water but we don't know whether this is a safe place to swim or if there's anything we are not allowed to do so we need to look for signs and dangers.

- No swimming
- No diving
- No running

[Before the presentation display the signs around the room/presentation area to encourage children to look for them. Copies of signs are available at the end of this resource kit or you can add your own].

Who can see a sign?

What do you think this sign is telling us?

(complete for all signs)

We also need to look for dangers around water.

What are some dangers that we might find around water?

- Kids will probably list lots of animals!
- Puddles of water we could slip in
- Open pool gate (why is this a danger? Younger brother or sister could get into the pool area)
- Big waves/rough water
- Currents or rips
- Submerged objects in water

If you or someone else gets in trouble in the water what should you do?

- Call for help
- Wave your hand in the air
- Tell an adult

So now we have our adult, we are ready with everything we need, we know to move safely by walking around water and we have looked for signs and dangers which means... WE ARE SAFE TO SWIM!

Now we need to remember the rules that we have talked about because we have a storybook to read about a friend of ours called Dippy Duck. Dippy goes on lots of adventures around water. While we're reading the story, let's think about our rules and see where Dippy is not following the rules.

(Read the story to the group, stopping where relevant to talk about where Dippy wasn't following the rules e.g. running, not going with an adult, not being ready with everything he needs etc.)

Before finishing, get children to remind you of the most important rule for staying safe around water – always swimming with an adult.

*If you have borrowed the Dippy Duck mascot you may wish to bring him out for a visit at this point and have the children tell him the rules he needs to follow.

FOR MORE INFORMATION

Royal Life Saving Society WA

T: (08) 9383 8200

keepwatch@royallifesavingwa.com.au

royallifesavingwa.com.au

[facebook.com/royallifesavingsocietywa](https://www.facebook.com/royallifesavingsocietywa)



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WATER PLAY ACTIVITY IDEAS

CHILDREN LOVE WATER PLAY AND THE ACTIVITIES BELOW CAN BE A CHANCE TO TALK ABOUT SAFETY RULES AND WATER CONCEPTS. CLOSE SUPERVISION IS ESSENTIAL WHEN KIDS ARE PLAYING WITH WATER. REMEMBER TO EMPTY OUT BUCKETS, PLAY TABLES AND ANY OTHER ITEMS CONTAINING WATER IMMEDIATELY AFTER USE.



FILLING AND POURING

What you'll need:

Cups, pots, funnels, watering cans, colanders, plastic containers or bottles

Filling and pouring helps kids to develop their motor skills and understanding of concepts like size, volume, full and empty. By using items with holes they can create streams or showers of water. Use watering cans to water the garden or fill other containers – what happens when they pour water from different heights or angles?



FLOATING AND SINKING

What you'll need:

Variety of objects that will sink or float like corks, balls, plastic boats or toys

Kids can experiment with dropping different objects in water and seeing which sink and which float.

Older kids might like to guess whether items will sink or float based on their observations. Why not try filling an item that floats with water to see what happens!



WASHING

What you'll need:

Dishwashing liquid, sponges or toothbrushes, dolls, toy animals or kitchen items

Provide a tub full of soapy water for kids to wash items with sponges or toothbrushes. They can soak sponges and squeeze them to create showers for their toys.

Rinse the toys off with a tap or watering can so they can run their hands under the stream.

CREATE A WATER WORLD

What you'll need:

Toys like boats, sharks, fish or ducks, rocks, shells

Fill a clear tub with water and have them create an under the sea water world. Set the scene with rocks or shells and add water-themed toys.

PAINTING WITH WATER

What you'll need:

Old paint brushes or rollers, bucket or shallow tray

Let the kids loose on a blank wall, fence or paved area. They can make big or small brush strokes, splash water in different patterns or try painting lines, circles or swirls. Painting is great for developing gross motor skills and encouraging imaginative and artistic play.

WATER PLAY WITH NATURAL ITEMS

What you'll need:

Natural items like leaves, sticks, pine cones and rocks

Have the kids search the outdoor area for natural items and involve these in their play. They can explore sinking and floating and see what happens when these items get wet. If you have a long trough or tray why not race sticks or leaves!



EXPRESSION OF INTEREST FORM

PLEASE COMPLETE THE FORM BELOW TO INDICATE YOUR INTEREST IN ORDERING RESOURCES OR BOOKING SERVICES FROM THE ROYAL LIFE SAVING SOCIETY WA. A STAFF MEMBER WILL CONTACT YOU WITH FURTHER INFORMATION.

YOUR DETAILS

CONTACT NAME

.....

CENTRE NAME

.....

ADDRESS

.....

PHONE

.....

EMAIL

.....

WHICH SERVICE IS OF INTEREST? Select all that apply

- Parent presentation
- Professional development presentation
- Heart Beat Club course
- Content for newsletter
- Borrow Dippy Duck mascot costume
 - I can collect and return at the RLSSWA office in Mt Claremont (free of charge)
 - I will need the costume to be couriered to my centre (minimum cost \$20, will vary depending on location)

ORDER RESOURCES

RESOURCE	MAXIMUM AVAILABLE	QUANTITY REQUIRED
Keep Watch A3 poster	5	
Keep Watch Brochure	100	
Keep Watch CPR Fridge Magnet	100	
Keep Watch @ The Farm Brochure	50	
Keep Watch @ Bath Time Brochure	50	
Home Pool Safety Checklist	20	
A5 size Dippy Duck children's storybook	1	
A2 size Dippy Duck children's storybook	1	
Dippy Duck colouring-in pictures (electronic file)	1	
Resources for Aboriginal and Culturally and Linguistically Diverse (CALD) parents	Please contact RLSSWA	

- Please tick this box if you wish to receive the Keep Watch newsletter, distributed quarterly with information about program activities and new resources.

PLEASE RETURN COMPLETED FORMS

Email keepwatch@royallifesavingwa.com.au or fax (08) 9383 9922 or call (08) 9383 8200

Post to Keep Watch Coordinator, Royal Life Saving Society WA - PO Box 28, Floreat Forum WA 6014





