

EVERYONE CAN BE A LIFESAVER

# TODDLER DROWNING PREVENTION PROGRAM



# KEEP WATCH

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# The Issue



- Drowning is the 2<sup>nd</sup> leading cause of preventable death in children under the age of five
- On average over the past decade, a child under the age of five drowns every week in Australia
- For every drowning death, there are three children admitted to hospital as the result of an immersion incident

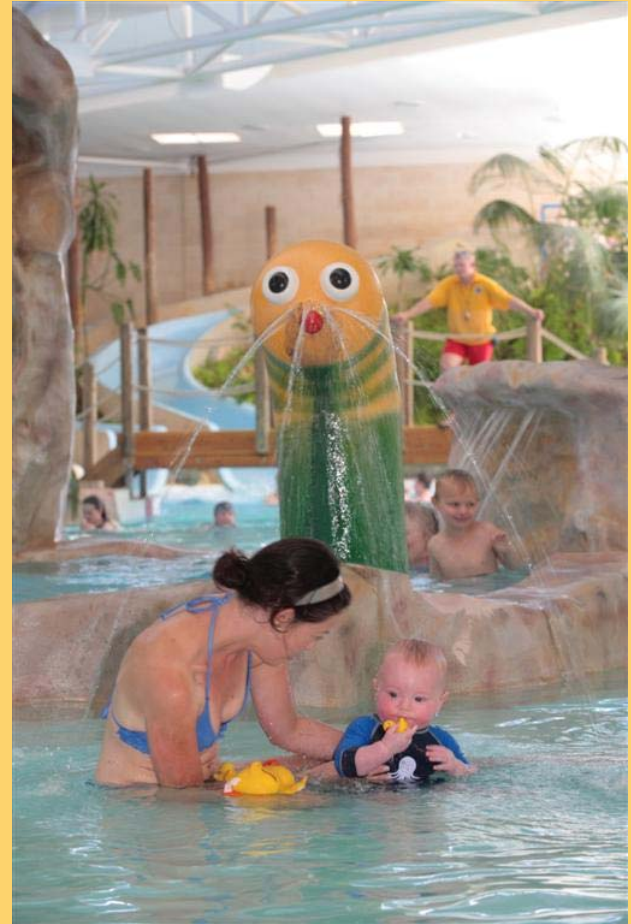
# Where do children drown?

- The Home Swimming Pool
- Bathtubs and buckets
- Fishponds and Fountains
- Dams



# Why do children drown?

- Factors relating to the:
  - Parent
  - Child
  - Environment



# Why children drown – Parents and Carers

- Lack of supervision
- Parental ‘vulnerable periods’
- Underestimating child’s ability
- Over confident in child’s ability
- Confusion over supervision



# Why children drown – Child factors



- Limited ability
- Lack of understanding of danger
- Curiosity
- Lack of coordination
- ‘Drown proofing’
- Physical characteristics

# Why children drown - Environment

- Absence of safety barrier
- Ineffective barrier
- Objects in and around water
- Water temperature



# Keep Watch - The Program

- Initiated in 1996
- Aims to reduce number of toddler drowning deaths in WA
- Targets parents and carers of young children through a variety of networks:
  - Child Health Nurses
  - Swim Schools
  - First Aid courses
  - Home pool inspections



# Keep Watch – The Messages

- Supervise Your Child
- Restricting Access
- Water Familiarisation
- Learn Resuscitation



# Keep Watch - Strategies

- Media Awareness Campaign
- Education and Training
- Indigenous Resource Development



Client	ROYAL LIFE SAVING SOCIETY
Product	GRIFFINCOAL
Key Number	RLSPE81430PC
Agency	Prime Production
Duration	30"
Audio	Stereo
OP48 Compliant	Yes
Date	17.1.06
PA Number	45814
Master	ES3
CAD	G000000A
Aspect Ratio	4:3
Closed Capt	NO
Job Number	75645
Track	087

**PRIME**  
PRODUCTION

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# Keep Watch Resources

**FACT SHEET 4**

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## RESUSCITATION



Resuscitation is one of the four R's messages in

**Q. What is resuscitation?**  
A. Resuscitation is described by the Australian Resuscitation Council (ARC) as the preservation or restoration of life by the establishment and/or maintenance of airway, breathing and circulation and related emergency care. This is resuscitation involves stimulating someone's breathing who is unconscious by stimulating their chest and breathing air into their lungs.

**Q. Why should I learn Resuscitation?**  
A. In most cases when an emergency occurs, a family member is the first on the scene. Having the skills to react in an emergency situation can mean the difference between life and death while you wait for emergency care to arrive.

**Q. What is DR ABC?**  
A. Resuscitation training follows the simple principle of:  
Danger - Check for danger, to set, to bystanders, to victim  
Response - Assess the victim's airway and check they're  
Always - Check and Clear  
Breathing - Look, Listen and feel  
Circulation - Check for a pulse



**FACT SHEET 2**

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## FENCING



**Q. Why do I have to fence my pool?**  
A. The fence acts as a barrier to the pool and as such, helps prevent access to the water by young children. In addition, pool fencing is also a barrier to non-compliant dogs. Royal Life Saving advises all parents and carers that supervision is the key to preventing toddler drowning. Fencing is a form of protection. With today's curious nature and test, it is essential that they can be in the water.

**Q. What do I do on rural properties?**  
A. On rural properties, where it is not feasible to fence off a dam or lake to the home and away from water bodies. This area should be fenced and you should supervise your child at all times in this area.

**Q. I don't have children, why do I need to fence my pool?**  
A. Not having children does not mean that a child will not drown in your pool. A significant percentage of toddler pool drowning deaths do not occur in their own backyard, but in friends, family or neighbours.

**Q. What sort of gate do I need?**  
A. The gate to the pool fence is crucial in preventing child access. It must be self-closing and self-latching. The gate should be made of strong, durable material and be at least 1.8m high. The gate should be made of strong, durable material and be at least 1.8m high.

**Q. How often should I check the fence for make sure it is in good working order?**  
A. Royal Life Saving recommends you conduct a thorough check of your fence every year before summer (and a quick check once at least once a month) to ensure that it is not damaged. In pool check, the gate when closed fully covers the pool and locks, there are no loose fittings or support members, and there are no gaps under or through the fence.

**Q. I have a current resuscitation poster displayed on the wall of my pool fence. Can you provide, create a safe area away from water where you can supervise your child. Information about building a safe pool fence can be obtained from Queensland Australia www.keepwatch.com.au**

Fencing should completely isolate the water body on all sides, and a critical part of fencing is ensuring the gate is self-closing and self-latching.

Fencing is an essential layer of defence in toddler drowning prevention. Fencing is the key component of the Royal Life Saving toddler drowning prevention campaign, Keep Watch.



**FACT SHEET 1**

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## SUPERVISION



**Q. What is Supervision?**  
A. Supervision is constant visual contact with your child. You should be within arms reach and be in a position to respond quickly. It is not an occasional glance when you tidy, read or undertake household chores, and it is not looking out at your kids playing outside while you are away.

**Q. Why do I need to supervise so actively?**  
A. The lack of direct adult supervision was the main factor in 70% of toddler drowning deaths. Indirect supervision has resulted in the loss of many young lives, proving that when a parent's attention is focused on something else, tragedies can occur.

**Q. Can older kids watch younger kids?**  
A. No. Parents leaving young children in the care of other children has been a factor in a number of toddler drowning deaths. Older children are not equipped with the skills and experience to take responsibility for emergency situations, nor should they be given this responsibility.

**Q. How can I best supervise my child?**  
A. By being within arms reach and engaged and interacting with your child while they are in, on or around water.

**Q. What is the best way to supervise children at parties?**  
A. If there is a small number of children, make an adult responsible for their care. If the children number they should all be supervised. If there are a large number of children, have an adult responsible at different places where the children will play to monitor the area.

Royal Life Saving has developed the toddler drowning prevention campaign Keep Watch. Supervision is one of the key messages of the Keep Watch campaign, which also includes, Prevent, Restrict, Familiarise and Learning Resuscitation.

Royal Life Saving has awarded a number of fact sheets on water safety topics in Australia. Contact Royal Life Saving on: 1300 RESQ ME (1300 737 763)

For further information visit www.royallifesaving.com.au

**Supervision CHECKLIST:**

- Have you thought of the child's health, age and ability to swim? Do you need to stop watching your child, or go to the toilet?
- Are you prepared to get into the water with the child?
- Have you taken the phone with your finger off, turn off the answer machine and let the call go to voicemail?
- Are you within arms reach of your child at all times?
- Do you understand other people's role in supervising your child? Is it your responsibility to ensure that other people understand this? Assess your strengths from the child.

**KEEP WATCH**

PREVENT YOUR CHILD FROM DROWNING

SUPERVISE • RESTRICT • FAMILIARISE • RESUSCITATE

**DANGER** CHECK FOR DANGER (TO YOU) TO BYSTANDERS TO COUNTRY NUMBER HAZARD

**RESPONSE** SHOUT "ARE YOU OKAY?" SUBJECT FOR CASUALTY SERVICES

**AIRWAYS** CHECK AND CLEAR (FOR OBSTRUCTIONS, FOREIGN BODIES, VOMIT, BLOOD, MUCUS, ETC.)

**BREATHING** NO SIGNS OF LIFE SIGNS OF LIFE (UNRESPONSIVE, UNCONSCIOUS, NOT BREATHING NORMALLY, NOT TALKING)

**COMPRESSION** NO IMMEDIATE SIGNS OF LIFE COMMENCE CPR (SEEK HELP FROM OTHERS, CALL FOR HELP, COMMENCE CPR)

**DEBRILLATION** EARLY DEBRILLATION (SEEK HELP FROM OTHERS, CALL FOR HELP, COMMENCE CPR)

TO LEARN MORE OR PARTICIPATE CALL: 9383 8200

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PREVENT YOUR CHILD FROM DROWNING

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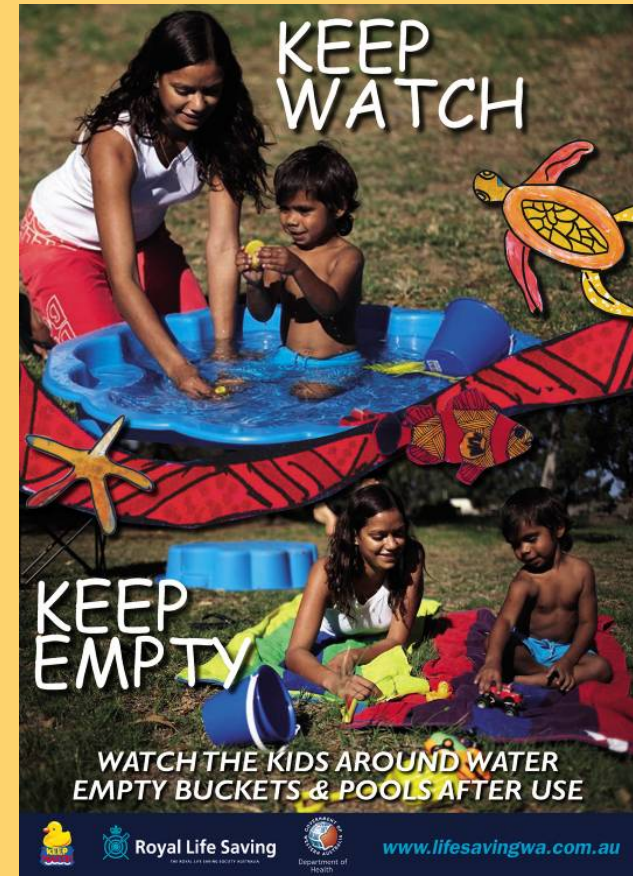
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KEEP WATCH

# Indigenous Resource Development

- Watch Out for the Kids DVD
  - Safe supervision poster
  - Fridge magnets
  - Ducks
- 
- Next Step – Child Safety Information Kit



# Keep Watch in the South West

- Child Safety Forum
  - Manjimup
  - Bridgetown
  - Pemberton



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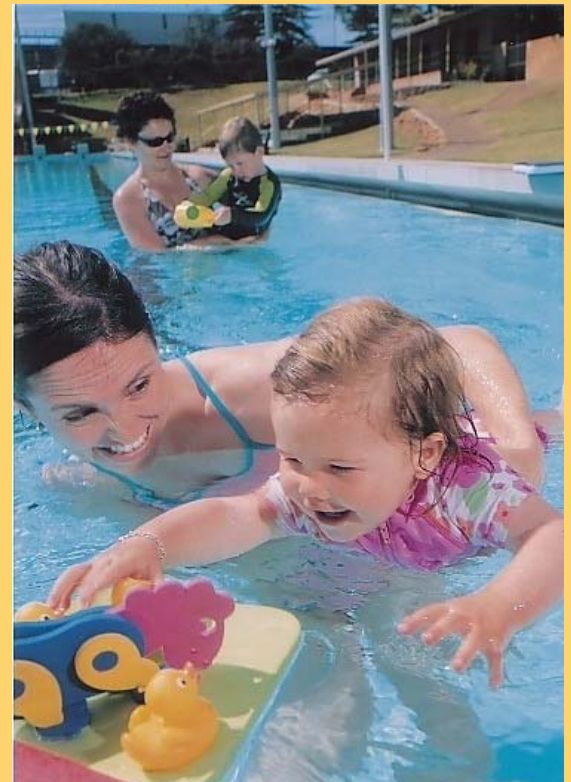


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# Keep Watch in the South West

- Resource distribution
- Infant Aquatics
- Heart Beat Club courses
- Mass media campaign



# Success!

- 2006 – lowest drowning rates amongst toddlers in 10 years in WA!
- No one strategy works in isolation.



# Where to from here...?

- South West 'roadshow'
- Program evaluation
- Pilbara Child Safety Forum
- Further Indigenous resource development



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**Thank You!**

**[www.lifesavingwa.com.au](http://www.lifesavingwa.com.au)**



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