



SWIMMING POOLS

- Swimming pools must be properly fenced off and have a childproof lock on the gate. The gate must never be left open.
- To protect a child fully, also install a professionally installed pool safety net to cover your pool.
- Even then, know where your child is. Is the neighbour's pool adequately fenced? And the gate always closed?
- Remember to empty paddling pools when not in use.

SEA AND RIVERS

- The sea is unpredictable. Even in shallow water, constant supervision of children is necessary. Only swim in demarcated swimming areas identified by lifeguard flags.
- Beware! A lilo or floating toy may easily be swept away with your child on it.
- Accidents happen so easily. To allow a child in a boat or canoe without a lifejacket is asking for trouble. The same applies for fishing from the rocks.
- Make sure children swim in designated swimming areas and be on the look out for warning signs.



DOES YOUR CHILD KNOW HOW TO COPE WHEN IN DIFFICULTY?

A FEW HINTS

- Keep calm and wave one arm to attract attention.
- Take off shoes and heavy clothing.
- Tread water or float.
- Look around for something buoyant to cling to.
- Only swim to land if it is close and there is somewhere to get out.
- Do not try to swim against the current.

HELPING A CHILD IN TROUBLE

- Throw the victim something that floats or offer a long object to hold on to. It is better than jumping in yourself.
- Discourage children from jumping in to help others.
- If you must go in, take something for the child to hold on to rather than permitting him to grab you.
- Warn children against faking cries for help or pretending to be in trouble.
- Everybody in your home should be taught simple rescue methods and first aid, especially resuscitation.

PREVENT DROWNING

"THE GOLDEN RULE: NEVER LEAVE A CHILD ALONE NEAR WATER"



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FACTS

- ~ Drowning is the second leading cause of accidental death for children in South Africa.
- ~ Drowning usually happens quickly and silently, even in shallow water.
- ~ Within 30 seconds a small child can drown without a sound in only 4 cm of water.

WHERE DO CHILDREN DROWN ?

In buckets, baths, ponds, lagoons, canals, vleis, swamps, the sea, dams, rivers, in paddling or swimming pools and even in drains.

WHEN DOES THIS HAPPEN?

Not only when swimming, but often having fallen in fully clothed



YOU CAN PREVENT DROWNING!

INDOORS

- ~ NEVER leave small children alone in the bath. Ignore the phone and doorbell or take the child along.
- ~ Use a non-slip mat in the bath.
- ~ Empty baths, tubs and other containers after use or, when full, keep behind locked doors. Always fit lids firmly on buckets of water. Too many children have drowned in buckets.

OUTDOORS

- ~ Children should learn how to swim as soon as possible.
- ~ Remember swimming lessons do not make children "drown-proof".
- ~ It's equally important for them to be trained in survival skills such as floating and treading water. But even then, constant supervision is always necessary.
- ~ A child should never swim alone. Children who cannot swim should stay away from places where they can drown.
- ~ Floatation devices such as inflatable wings, tubes, etc., are only aids. They are not a substitute for supervision. Don't rely solely on their protection, as they are not life preservers.
- ~ Warn against boisterous play in or near water. A dam wall or the area around a swimming pool is no place for riding a bicycle.
- ~ Children should practice swimming in water with their clothes on.
- ~ Always stay sober near water. Drinking alcohol can impair supervision and swimming skills.

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The pool safety net specialists since 1972.

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