



Water Safety Activity Guide



Supported by
the Victorian
Government



Aim of this Water Safety Activity Guide

This Water Safety Activity Guide aims to provide aquatic facilities with a variety of ideas that can be delivered to range of target groups during Water Safety Week.

Water Safety Week, a key initiative of the 'Play it Safe by the Water' campaign, aims to increase participants' awareness of water safety, develop their water safety skills and encourage them to **'Play it Safe by the Water'**.

The local aquatic facility is a great place for Victorians to achieve these aims as these venues are also often the social hub of a community with strong links to schools and community groups.

We encourage you to make Water Safety Week a special event for your aquatic facility and local community by delivering some of the following activities:

1. Aquatic education classes (both internal and school groups)

In real life people often enter water accidentally and are in clothes. Why not run all your Water Safety Week activities as 'clothes only' and 'no goggles' program! Also invite parents and guardians to be involved in the following activities:

[Develop a water safety circuit:](#)

- Throw and Reach Rescues
- Wade rescues
- Tow rescues
- Entries/exits
- Floating
- Sculling
- Treading Water
- Survival Strokes
- Use PFDs (lifejackets)
- Signage posters
- Sinking toys
- Emergency situation/mock rescues



Create aquatic environments so participants experience different water conditions at beaches, dams, lakes and rivers

Set up beach/inland environments in and around the water and move participants through each so they can experience the following conditions:

- Murky water/dams/rivers
- Sea bed and seaweed
- Slippery river bank
- Confined spaces
- Rips, currents and rough water
- Debris
- Submerged dangers
- Boating
- Dangerous marine life
- Pier
- Emergency situations/mock rescues

To find out how to create some of these environments please visit www.aquaticsandrecreation.org.au/watersafetyweek_getinvolved

2. Water Safety Activities for over 50's

As grandparents are taking an increasing responsibility for the raising of their grandchildren, these activities will remind them about water safety and supervision of children around the home (include pool fencing), at the pool, beach and river. You could also organise to do mock rescues and/or a CPR course.

Sessions should take into consideration factors for this age group eg mobility, sight etc and outline some of the following areas:

- Entries
- Hazards
- Survival strokes
- Towing
- Buoyancy aids (Balls, buckets, lifejackets, esky)
- Rescues – reach poles, ropes, kick boards
- Personal survival skills
- Swimming in clothes
- Hypothermia
- Duck dives



Water Safety Week activities held at Hamilton Indoor Leisure and Aquatic Centre

3. Preschool Aquatic Safety Seminar

Invite parents with children under 5 years of age to a special seminar on aquatic safety. Cover water safety and supervision around the home (include pool fencing), at the pool, beach and river. Involve parents and their children in a practical water safety session and/or organise a CPR course.

Sessions will take into consideration factors for this age group and outline some of the following areas:

- Entries
- Survival strokes
- Towing
- Buoyancy aids (Balls, buckets, lifejackets, esky)
- Rescue – reach poles, ropes, kick boards
- Hazards
- Swimming in clothes
- Hypothermia
- Duck dives

4. Cardio Pulmonary Resuscitation (CPR) Courses

Arrange for a CPR course to be conducted at your facility during Water Safety Week.

Contact Life Saving Victoria on 9676 6900 to assist you with organising a course.

5. Internal communication to staff and patrons

In the lead up to Water Safety Week, templates and links will be added to Aquatics & Recreation Victoria's website. These templates and links will provide you with information you can use on your website, newsletter or to send daily emails to your staff and members. This information will include water safety tips and quiz questions. Why not approach local businesses to see if they can donate prizes for people to win from a daily quiz throughout Water Safety Week?

6. Water Safety Display



*Water Safety Week display at Harold Holt
Swim Centre*

Set up a display in the entrance area of your facility or around the pool. As part of your involvement in Water Safety Week you will receive 'Play it Safe by the Water' merchandise. Combine this merchandise with other water safety information and conduct a coloring/drawing competition and put all the entries in the foyer. Water Safety information will be added to Aquatics & Recreation Victoria's website in the lead up to Water Safety Week.

**For ideas on how to develop a Water Safety Week display please visit
www.aquaticsandrecreation.org.au/watersafetyweek_getinvolved**

7. Presentations to Schools, Kindergartens and Community Groups eg CALD communities, older adults, new parents

Facility staff can develop their links with the community by getting out and spreading the water safety message. Why not contact your local schools, kindergartens or community groups and offer a staff member such as a lifeguard or teacher of swimming and water safety to come out and talk water safety. This presentation would outline the following:

- Key water safety messages
- Pool Safety
- Inland Water Safety
- Beach Safety
- Water Safety Signs
- Water Survival
- Rescue techniques

- Your role at the facility
- Aquatic programs that the facility offers
- Aquatic training opportunities (*for secondary or community groups only*)

Currently there are various links on Aquatic & Recreation Victoria's website that will assist you to put together a presentation. In the lead up to Water Safety Week further information will be added.

8. Water safety award

Arrange a Bronze Medallion, Pool Lifeguard or Bronze Rescue at your facility during Water Safety Week.

Contact Life Saving Victoria on 9676 6900 to assist you with this.

9. Water Safety Family Days

Open up your facility to the local community and provide them with information about water safety and the key water safety messages. Put a notice in the local paper or on a community notice board promoting your Day. Ask existing members to bring a friend to try out the Water Safety Week activity.

This may be an opportunity to invite aquatic agencies to conduct water safety demonstrations and to run water safety activities/competitions whilst encouraging people to have fun in the water. Some of these activities could include:

[Lifeguard/Lifesaver Demonstrations](#)

- Lifesaver demonstration – Invite lifesavers from a lifesaving club to organise a demonstration of rescue equipment and mock rescues. Set up the red and yellow patrol flags on each side of the pool and invite patrons to be 'rescued' using different techniques and equipment such as rescue tubes, boards or even an inflatable rescue boat. Organise some rescue relays, talk about the sport of lifesaving and hand out information about swimming between the flags and how to identify rips. Setting up the 'lifesaving patrol' on wave pools or pools with beach entry will enhance the demonstrations.
- Lifeguard demonstration – Arrange for rescue equipment to be on display and invite patrons to be 'rescued' using different techniques and equipment. Organise some rescue relays and hand out information on active supervision.

Come 'n' try days

There are a number of aquatic sports that can be conducted in pools so why not arrange special sessions with an emphasis on the safety aspects. Contact your local schools and invite them to come and try out your water safety activity. Ensure that water safety is emphasized as an important element of the activity. Provide all appropriate safety equipment and explain its purpose to students.

Some activities that you can try are:

- Lifesaving competition
- Diving (snorkeling)
- Canoe polo

Other ideas for Water Safety Week activities

- Visit the beach or inland environment to discuss personal safety, rescue and survival skills eg checking for sand bars, rips, feeling for undertows or currents, and board paddling skills
- Puppet show
- Talks by relevant outside organisations eg invite your local Emergency Services Rescue to do a display
- Contact your local radio station or newspaper to speak about water safety
- Include Water Safety Tips on Birthday invites

For more information regarding Water Safety Week

For further information regarding Water Safety Week please contact Sharon Brasher at Aquatics & Recreation Victoria on 9271 3800.