

WATER SAFETY



IT IS IMPORTANT TO TALK ABOUT THE RISKS WITH YOUR CHILD. OPEN WATER IS DANGEROUS, EVEN FOR STRONG SWIMMERS. COLD WATER SHOCK CAN AFFECT BREATHING INSTANTLY. THERE CAN ALWAYS BE HIDDEN HAZARDS SUCH AS RICKS AND DEBRIS UNDER THE SURFACE.

EVEN AS TEENAGERS BECOME MORE INDEPENDENT, THEY STILL NEED GUIDANCE. KNOW WHERE THEY ARE GOING AND WHO THEY ARE WITH WHEN NEAR WATER.



REMIND THEM THAT IT IS OK TO SAY NO. DISCOURAGE RISKY BEHAVIOURS AND HELP THEM UNDERSTAND THE PRESSURE TO "SHOW OFF" CAN BE DANGEROUS.

WHEN CARRYING OUT ACTIVITIES SUCH AS KAYAKING OR BOATING, ALWAYS WEAR A LIFE JACKET OR BUOYANCY AID.



MAKE SURE THEY KNOW WHAT TO DO IN AN EMERGENCY. CALL FOR HELP IMMEDIATELY BUT NEVER JUMP IN TO RESCUE SOMEONE. ENCOURAGE THEM TO HELP FROM THE SIDE USING AN OBJECT.

RESPECT WARNINGS AND SIGNS. STAY OUT OF RESTRICTED AREAS AND RESPECT SAFETY SIGNS. CHOOSE SUPERVISED LOCATIONS WHERE POSSIBLE.



REGULAR CONVERSATIONS HELP REINFORCE GOOD HABITS. CONFIDENCE AND AWARENESS CAN SAVE LIVES.