



ISSUE 18 BOOK TODAY! Call us on 3355 1550 or visit dipadees.com

Be SAFER Pirate Week

Hi there and welcome to the Dipadees Be SAFER Pirate Week Newsletter.

Sometimes we believe when children can swim a formal stroke they will be safe enough. However, surviving in water also means having the ability to stay calm and to cope with all kinds of different conditions.

To increase our level of water safety we all need to learn how to cope in cold water, choppy water, without goggles and wearing clothes.

Having the ability to change strokes is important

Having the ability to competently swim different strokes allows us to use different muscle groups, which in turn means we can rest limbs and stay afloat for longer.

Swimmers de-skill under stress

A swimmer's ability to perform can be compromised when placed under stress. The motto is "The more skilled we are the more skill we have to fall back on". Just having the ability to paddle or swim a few strokes around a backyard pool is not nearly enough.

Learning how to receive help is important

In Be SAFER Pirate Week your child will have lots of practice at staying calm, listening to directions and allowing others to help him or her.

Learning how to recover from a fall in

Most drowning happens close to the edge and when people were not expecting to be in water. During Be SAFER Pirate Week your child will have the opportunity to practice swimming and floating in their clothes.

Helping others

Jumping into the water to help another person can be extremely dangerous. Staying dry is by far the safest way to provide assistance to someone in trouble. During Be SAFER Pirate Week we will show you how.

LEARN TO SWIM TODAY - Call 3355 1500



*Be ready for lots of learning and fun,
Bring along flannel PJ's when you come,
You'll need a towel at least one or two,
And a pair of old socks but not your shoes,
You will reach and rescue and learn how to save,
And fall and float and kick though the waves,
There will be treasure for diving,
And strange things that float,
And plenty of practice falling out of the boat,
So ladies and lassies remember the date,
Coming soon, oh I just can't wait!*

Be SAFER Pirate Week

Be SAFER Week questions to ask your children

- Can we go inside the pool gate without a grown up?
NO.
- If we find the pool gate open what should we do?
Tell a grown up and shut the gate.
- What should we do if we find a hole in or under the pool fence?
Tell a grown up and keep away.
- How do we safely enter the pool?
Slowly and feet first.
- Are we allowed to run around the pool?
NO always walk around the pool.

Please keep watch over me whenever I'm in the water.

Did you know that people sometimes find themselves in trouble in the water while they are trying to rescue others? This is why learning how to help someone without getting wet is an important water safety skill and it's called "dry rescue".

Even people who can't swim can perform a dry rescue.

During Be SAFER Week we will show you how to help rescue someone who is in water without putting your own life at risk.

REMEMBER!

- Safety comes first, stay dry.
- Attract attention.
- Throw gently and accurately.
- Tell the person in trouble to hold with two hands.
- Encourage them to kick to the side or to float with an object.
- Tell them to hold the side with two hands when they reach the edge.
- Children should not attempt to lift anyone out of the water in case they are pulled in.
- Practice throwing and being rescued with different aids.

Call for help all the while the rescue is going on.



What can we hold to stay afloat in water?

Let's think about all the objects that we can use to stay afloat in water:



- Esky and other drink coolers, bike helmets, milk bottles and soft drink bottles.



- Small plastic containers, plastic cups, insulated and large plastic containers, (upside down).



- Plastic shopping bags, plastic garbage bags, plastic toys and furniture.

Practice floating on different objects

Learning to use different objects for support is important. Think about the many different items that can help to support you in the water. We've shown you some, can you think of any others?

Having the confidence and knowledge to hold a floating object buys a little more time while help is on its way.

**dipadees
swim**

Be SAFER Pirate Week

REACH RESCUES

Most drowning happens close to the side. If the person is in trouble just a meter or two away then you might be able to reach out with an aid and pull them back to safety.

Time to learn how to perform a reach rescue!

There are many objects around pools and other waterways that can be used to reach out to a person in trouble in the water. Have you thought about these?

- Tree branches, banana leaves and palm tree branches.



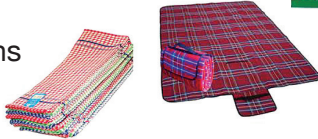
- Brooms, rakes and garden hoses.



- Cricket bats and stumps, tennis racquets or footballs, (round balls are difficult to hold).



- Picnic rugs, tablecloths or tea towels.



- Towels, shirts or trousers.



- T-shirts, coats, jackets, or garden furniture.



- And don't forget those spare tyres - you can always throw one in!

Remember items can be tied together so that they have a longer reach!

Make sure that the person is "landed" and reaches the side safely.

Falling in and swimming to the side or treading water

Have fun falling off different floating objects in water, practice back floating, kicking back to the side and also treading water from a "fall in". Be VERY careful not to hit the side or any hard objects as you fall in.



LAY DOWN!

- Always lie down on your tummy and reach out with the object.
- Attract the person's attention by calling "LOOK, LOOK HOLD THIS, TWO HANDS!"
- Pull the person to edge, all the time encouraging them to hold on with two hands.
- Children should not try to help pull anyone out of the water in case they are pulled in.

All the while keep calling for help!

Falling in can be practiced from all sorts of objects

- From the Aquaducks and swim rings
- From surf boards and other floaty "things"



AGAIN!

- Safety first, yours and other bystanders.
- RESCUER MUST LAY DOWN TO AVOID BEING PULLED IN.
- Attract attention.
- Hold the aid with two hands.
- Grab the edge with two hands.
- Children should not try to help anyone climb out in case they are pulled in.
- Call for help all the while.

Be SAFER Pirate Week



Be alert when on holidays

Holidays are fun but you need to be as vigilant as ever. Be on the alert for risks that you may not have at home. Do a safety audit as soon as you arrive.

Check for bodies of water such as fishponds, pools, spas, rivers, waterways, cattle troughs, dams, containers of water, eskies etc.

Be alert to the risk of your toddler climbing obstacles that may be lower and easier to climb than you have at home, such as lower baths and toilets.

No child is ever so “good” that they can swim without adult supervision!

- Even though you might be a good swimmer always have an adult on duty to watch over you and your friends.
- Remember older children and teenagers are not mature enough to always stay focused on watching others in the pool, or to make mature decisions.
- Dive bombing might be fun, but people can and do slip, causing injury to themselves.
- Pool walkways are wet and can be slippery so remember to WALK around pool areas.

Safer swimming from Barb and the team at Dipadees.

Learn To Swim Today

Special classes designed for your young learners are available right now!

- Small classes so your child receives more attention.
- 30 minute lessons so your child has more practice time.
- Warm water and indoors makes concentrating easier for your child.
- Year round lessons retain and build on precious skills learnt over the summer months.
- Top quality, qualified teachers know how to get the best from your child.

Call us on **1300kidswim** or book at **dipadees.com**

ALWAYS:

- Shut the pool gate, and never ever prop the gate open.
- Stay outside the fence until mum or dad say “come in”.
- Wait for mum or dad to say “go” before entering the water.
- Swim with a grown up.
- Enter the water slowly, feet first.
- Walk around the pool, never run.
- Ask a grown up to check how deep the water is before swimming.
- Look and listen to mum, dad and the lifeguard.
- Come back to the edge as soon as mum, dad or the lifeguard say so.
- Swim between the flags.
- Swim with a buddy.
- Only swim in daylight.
- Put up one hand and call out loud if you need help.
- Never leave buckets or other containers of water laying around.
- Empty ice out of the esky, remember ice becomes water.
- Never, ever leave babies or little tots in the bath without constant adult supervision.

Get your pool checked!

For information on, or to arrange a pool safety inspection visit your local government website www.brisbane.qld.gov.au

CPR saves lives

To learn resuscitation, check out the Queensland Ambulance Service or the Resuscitation Council of Australia, or visit www.cpr-mate.com

Call 07 3355 1550, email swim@dipadees.com or book online at dipadees.com



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