



Tel: +44 (0) 1276 486 500 E-mail: sales@zoggs.com
 Fax: +44 (0) 1276 489 079 www.zoggs.com



Tel: 0121 553 4791
 Fax: 0121 500 5972
 E-mail: enquiries@ault.co.uk
 www.ault.co.uk



Tel: 01923 201120
 Fax: 01923 201304
 E-mail: enquiries.hq@britishwaterways.co.uk
 www.britishwaterways.co.uk



Tel: 0121 248 2000
 Fax: 0121 248 2001
 E-mail: help@rospa.com
 www.rospa.org.uk



Tel: 01202 663553
 Fax: 01202 663550
 E-mail: beach_lifeguards@mli.org.uk
 www.mli.org.uk/beachlifeguards



Tel: 0870 162 5661
 www.thomson.co.uk



Tel: 01922 748394
 Fax: 01922 720628
 Email: nfs@nfs.co.uk
 www.nfswimschools.co.uk

**THE STA THANKS ALL CONTRIBUTORS AND WISHES EVERYONE
 FUN, HEALTH & SAFETY IN AND AROUND WATER.**



**SAVING LIVES
 TEACHING SWIMMING**

www.sta.co.uk

For more water safety advice contact:
 STA, Anchor House, Birch Street,
 Walsall, West Midlands WS2 8HZ
 Tel: 01922 645097
 Fax: 01922 720628
 E-mail: sta@sta.co.uk

www.sta.co.uk

FOR NEW MUMS & DADS

WATER SAFETY ADVICE FROM THE STA



Information and advice from the
 Swimming Teachers' Association



**SAVING LIVES
 TEACHING SWIMMING**
 www.sta.co.uk

WATER SAFETY ADVICE FROM THE STA for new Mums & Dads

Our children are our most precious gift
and as parents we want to make sure that
they are always happy, healthy and safe.

**Drowning is the 3rd largest cause of
accidental death amongst children in the UK.**

A shocking statistic in itself, but when you consider that younger children and babies are **MOST LIKELY TO DROWN AT HOME OR IN A GARDEN**, you can begin to recognise the importance of water safety education.

As responsible parents we naturally want to protect our children, and a good way to do this is to improve their confidence in and around water and **TEACH THEM TO BE WATER SAFE.**

SO HOW CAN YOU DO THIS?

If you would like more information
in your own language, please send an A4
stamped addressed envelope to the
address shown in the box below

Chinese

如欲索取此項資料，請將此信封
貼上郵票及地址，寄回：
STA 辦事處

Urdu

اگر آپ کو اس معلومات کی ضرورت ہے
تو براہ کرم اس خط کو لکھ کر اور
اپنا پتہ (STA) لکھ کر بھیجیں۔

Arabic

إذا رغبت بتلقي نسخة من المعلومات
وإذا ما أرسلنا حروف دعوان وسأفوح الطابع
إلى الـ STA على العنوان التالي

Bengali

আপনি যদি এই তথ্যের প্রয়োজন হলে
এবং আপনি আমাদের কাছে আপনার
ঠিকানা (STA) লিখে আমাদের কাছে
প্রেরণ করেন।

STA, ANCHOR HOUSE, BIRCH STREET, WALSALL, WEST
MIDLANDS WS2 8HZ TEL: 01922 645097

This is how we do it:

1

Teach your children to swim. Swimming is a life skill that's not only fun and healthy, but will also increase their water safety awareness. The STA has a progressive

learn to swim and water familiarisation scheme that can be started when your baby is just a few weeks old, which incorporates water safety from the first lesson.

2

Follow the RoSPA (Royal Society for the Prevention of Accidents) Water Safety Code and, when your children are old enough, make sure that they know the code and always follow it.

Being aware of the dangers is half the battle towards preventing accidents, and this is precisely why we've chosen to produce this leaflet. Please read through the simple advice contained and keep this leaflet somewhere safe so that you can refer back to it.

I wish you all many years of happy and safe swimming with your family!

Roger Millward
Chief Executive
Swimming Teachers' Association

WATER
SAFETY
ADVICE
FROM THE STA



Water Safety Code

1 SPOT THE DANGERS

water may look safe but it can be dangerous; teaching your child to recognise and keep away from dangers is an important part of the STA Learn to Swim Series. Your child may swim well in the warm local indoor pool, but that doesn't necessarily mean that they'll be as confident or as able to swim in other more unfamiliar situations.

2 TAKE SAFETY ADVICE

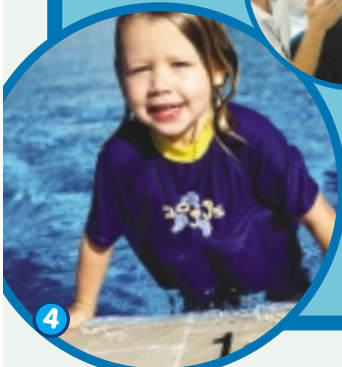
your STA swimming teacher will teach your child the safety and hygiene rules for the pool, and most swimming pools have pictorial signs indicating these rules as well as lifeguards who would be happy to explain them. When visiting other venues it is always sensible to make yourself familiar with their safety and hygiene recommendations.

3 GO TOGETHER

an adult should always supervise younger children. Local Authority swimming pools usually have restrictions on how many young children can accompany one adult; if visiting a new venue it's advisable to check the Centre's policy if you have more than two young children. Swimming is a family activity, so go together with family and friends.

4 LEARN HOW TO HELP

you may be able to help yourself, your family and others if you know what to do in an emergency. The STA provides a variety of courses from a two-hour duration Infant and Child Resuscitation Certificate to full First Aid and Lifeguard qualifications, more information is available from our website www.sta.co.uk and we've included some basic advice on pages 13, 14 and 15.



4



The STA (Swimming Teachers' Association) is the only UK based Association that awards training qualifications in swimming, life saving, life guarding, pool plant, and first aid and is recognised by the QCA (Qualifications and Curriculum Authority). We receive no funding from the government and work completely independently.

We've gained a lot of experience in the 75 years we've been in operation, which makes us the only organisation that can provide a truly progressive, educational and comprehensive 'learn to swim' and water safety programme.

By enrolling your child in our 'Learn to Swim Club' you can ensure that they receive the benefits:



SO WHAT IS THE STA ALL ABOUT?

Swimming for Fun, Health, and Safety!



FUN

all STA trained swimming teachers know that learning to swim should be fun; it's the best way to learn, and doing it through our First Steps scheme is great fun.



HEALTH

Swimming keeps the body fit and healthy, and helps fight the health risks of childhood obesity and an inactive lifestyle. Children who keep active tend to do better academically too.



SAFETY

Our whole Learn to Swim Series introduces water safety from the very first lesson; it's our aim to make sure that your child is aware of the dangers as they learn to swim.



5

WATER SAFETY IN THE HOME



Babies and young children can drown in as little as 5cm of water and if they get into a dangerous situation they may not be capable of climbing out.

- Never leave a baby or toddler in the bath by themselves – not even for a few seconds.
- Always empty baths and sinks after use and remove the plug.
- Always keep the toilet lid closed.
- Don't leave bowls of water in the house.
- Always keep the doors closed on your washing machine, tumble dryer and dishwasher.



WATER SAFETY IN THE GARDEN



- Swimming pools must be securely fenced with a locked gate.
- Consider not having a pond until your child is old enough to understand the dangers. Garden ponds should have a rigid mesh or grill which prevents accidental or deliberate immersion into the water; or a secure fence for larger ponds.
 - Make sure your child cannot wander into a neighbour's garden where there might be an unsecured pond or pool.
 - Children should always be supervised when using a paddling pool and it should always be emptied after use.
- Always keep the lid on water butts, and make sure that children can't climb into them.



THE PUBLIC SWIMMING POOL IS GENERALLY
THE SAFEST PLACE TO SWIM;
BUT SIMPLE RULES MUST BE FOLLOWED:

WATER SAFETY IN SWIMMING POOLS

- Always obey the pool rules and the lifeguard.
- Stay with your child at all times.
- Do not allow your child to run around the poolside.
- Do not allow your child to eat sweets or chew gum in the water.
- Do not allow your child to push people into the water.
- Do not throw your child around in the water.
- Do not allow your child to attempt to dive into a shallow pool.



ZOGGS

www.zoggs.com

WATER SAFETY IN RIVERS LAKES & CANALS

- Rivers, Lakes and Canals are ideal locations for quiet relaxation, however there may be hidden hazards
- Do not allow your child to go too near the edge.
- Water outside is not as clean as your local swimming pool, lots of dangerous objects could be hidden under the water.
- Locks and weirs can be fascinating, but they are deep with dangerous fast flowing water and undercurrents.
 - In winter never let your child venture onto the ice; it can easily break and the water underneath will be very cold.
 - The water is cold even in Summer.



British
Waterways

www.britishwaterways.co.uk

WATER SAFETY ON THE BEACH



IT'S NATURAL TO REGARD THE BEACH AS A HAPPY AND SAFE PLACE, BUT THERE ARE MANY DANGERS LURKING AND BECAUSE MANY HOLIDAY MAKERS ONLY GO TO THE BEACH ONCE A YEAR, THE DANGERS ARE NOT ALWAYS FULLY APPRECIATED.

- Obey warning signs, notices, and safety flags.
- Always swim between the red and yellow flags.
- Always watch your child continuously; they can drown in less than a minute.
- If you see someone in difficulty tell a lifeguard or call 999 and ask for the coastguard.
- Be aware of being cut off by incoming tides.
- Rocks pools can be fascinating, but the rocks may be slippery and it only takes 5cm of water to drown.
- Do not get too close to the edge, extra large waves can easily catch the unwary and take them away.
- Do not use large inflatable toys on the sea, they can easily be blown or pulled out to sea.



www.rnli.org.uk/beachlifeguards

WATER SAFETY WHILST BOATING



BOATING IS A FUN ACTIVITY PROVIDED THAT BASIC SAFETY RULES ARE FOLLOWED.

- Make sure that you and your child are wearing an appropriately sized buoyancy aid or life jacket.
- Wear appropriate clothing such as layers of warm clothing with waterproof outer garments and non-slip footwear.
- Do not allow your child to stand up in a small boat.
- Keep your child's fingers away from the edges when manoeuvring close to other boats or jetties.
- On larger boats attach a tether to your child in case they fall over board.



www.rospa.org.uk

WATER SAFETY ON HOLIDAY ABROAD



As you will probably spend a lot of your holiday around the swimming pool or on the beach, please follow our tips below to help ensure that your time in and around the water goes swimmingly!

- Take a few minutes with your family to familiarise yourselves with the pool in your hotel or apartments at the beginning of your holiday. Many swimming pools abroad are not designed in the same way as in the UK and may have unusual features so ensure that you check the layout and the depth of the pool before you or your family get in.
- It is unlikely that the pool will have a lifeguard, so please check your pool information board and observe the pool rules.
- Children must be supervised at all times in and around the pool.
- Most hotel or apartment swimming pools are not suitable for safe poolside diving. Please observe any 'No Diving' signs. Never be tempted to jump or dive from bridges, rocks or other features around the pool.
- Familiarise yourself with what you should do in the event of an emergency and make sure that you know what hours the pool is in operation.
- If the evening entertainment in your hotel is near the swimming pool, please be extra vigilant with children and never swim at night.
- Ensure that you familiarise yourself with the flag warning system in place on the beach. Make sure that you know what the flags mean, especially those that may tell you when and where it is dangerous to swim.
- Be aware of local conditions; tides, winds and currents can make even the safest beach hazardous. Also, please ensure that you are aware of any 'zoned' areas that are marked out for watersports.



www.thomson.co.uk

BASIC LIFE SUPPORT FOR BABIES UNDER 1 YEAR OF AGE

We have already mentioned drowning, but respiratory problems are common with young children especially choking on small toys etc.; placing objects into the mouth is a natural instinct with youngsters, they may have found something that tastes good! If you think your baby has stopped breathing for any reason the guidelines below follow the current recommended procedures for treating unresponsive babies:

KEEP THIS LEAFLET SAFE AND MAKE SURE YOU KNOW WHAT TO DO IN CASE OF AN EMERGENCY - YOUR CHILD'S LIFE MAY DEPEND ON IT!



Fig 1



Fig 2



Fig 3

BASIC LIFE SUPPORT

1. Check for Danger

Ensure safety of the rescuer and casualty

2. Check the casualty for a response (Fig 1)

If they respond get help, if no response 'Shout for Help' and...

3. Open the Airway (Fig 2)

Head tilt, mouth check and chin lift; be aware of the danger of over extending the neck

4. Check Breathing (Fig 3)

Look, listen and feel for up to 10 seconds; if they are breathing, support on their side to allow drainage of vomit just in case they are sick; it is recommended to place a blanket or some other padding behind the back to assist with the support.

WHEN TO CALL FOR ASSISTANCE

- If more than one person is present, one should start resuscitation, the other should go for help immediately.
- If only one person is present perform one minute of resuscitation before going for help, it may be possible with an infant or small child to take the casualty with you as you go for help.



Fig 4



Fig 5a



Fig 5b

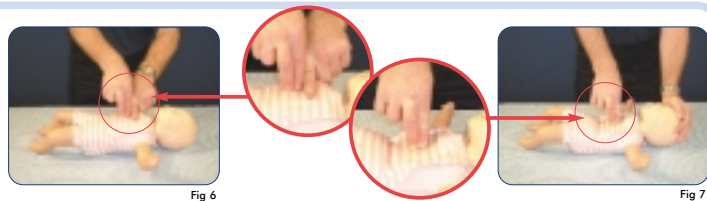


Fig 6

Fig 7

5. Give Two Effective Breaths (Fig 4)

Each breath should make the chest rise; take up to five attempts. Ensure head tilt and chin lift. Do not over extend the neck, place your mouth over the casualty's mouth and nose, blow steadily for 1-1.5 seconds, do not over inflate.

If you have difficulty achieving an effective breath:

- Re-check the casualty's mouth and remove any obstruction.
- Re-check that there is adequate head tilt and chin lift.
- Make up to 5 attempts in all to achieve 2 effective breaths.

Even if unsuccessful, move on to assessment of circulation. (If unsuccessful in obtaining an airway after assessing circulation, continue with choking procedures for an unconscious casualty)

6. Assess Circulation

(Fig 5a & 5b)

Quickly scan for any movement, including swallowing and coughing. Return to looking, listening and feeling for breathing for up to 10 seconds. If you are confident that you can detect signs of circulation: Continue rescue breathing until the casualty starts breathing; about every minute re-check for signs of circulation, taking no more than 10 seconds each time. If there are no signs of circulation or you are at all unsure start...

7. Chest Compressions

Depress from 1/3 to 1/2 the depth of the chest, at the rate of 100 times a minute. Place two finger tips one finger's breadth below an imaginary line between the nipples (Fig 6).

8. Continue 5:1 Ratio

Five compressions to one breath (Fig 7) until qualified help arrives, he/she shows signs of life or you become exhausted.

Note: if the casualty vomits during BLS quickly turn the casualty on to the side to remove. If you can see an obvious obstruction inside the mouth, use your finger to hook it out carefully. Always re-check breathing and continue rescue breathing if necessary.



Fig 8



Fig 9



Fig 10

CHOKING

1. Back Slaps (Fig 8 & 9)

Give up to 5 blows between the shoulder blades with the palm of your hand. If the obstruction is still not cleared:

2. Chest Thrusts (Fig 10)

Use two fingers on the chest and squeeze sharply for up to 5 times. If the obstruction is still not cleared:

3. Repeat Steps 1 and 2

Up to 3 times. If the obstruction is still not cleared phone for an ambulance and continue repeating the sequence.

If they become Unconscious

Open the airway, check for breathing and attempt rescue breaths. If unsuccessful after 5 attempts start chest compressions immediately to relieve the obstruction (see Basic Life Support). Check the mouth each time for obstructions before giving rescue breaths.

The STA runs courses on Infant and Child Resuscitation
– visit www.sta.co.uk for one near you.

The STA does not advise that these techniques are carried out by untrained personnel, and does not accept any responsibility for any accidents or misadventure caused through following the guidance contained. Official training courses are provided and the STA advises that all parents attend one to learn, and be certified as competent, in the administration of these techniques.