



WATER SAFETY

Keep Your Child Safe!

LEARN THE 10/20 PROTECTION RULE

'Drowning is the 3rd cause of accidental death among young children' - ROSPA

What is the 10/20 rule?

- The 10/20 Rule gives a measurable standard for supervision around water
- This rule has become the "standard of care" for public pools that has been responsible for reducing the number of drowning that occurs every year
- By managing a water emergency early, within the **first 30 seconds**, you can prevent an incident from resulting in a drowning

You should always be able to:

- See an emergency happen within the **FIRST 10 SECONDS**
- Respond and give care within the **NEXT 20 SECONDS**

Ask yourself these questions:

Will I be able to see an emergency within **10 SECONDS** and get to it within **20 SECONDS** if I...

- Answer the phone
- Answer the door
- Read my book
- Watch TV
- Get something to eat
- Talk to a friend
- Close my eyes for just a minute

Provide constant supervision

Even a momentary lapse in supervision in the bathtub or around water can result in a tragedy. Never assume someone else is watching your child.

Maintain the 10/20 rule

At the swimming pool

- Always be responsible for your child's safety – allow children to be responsible for having fun!
- Stay close, within arms reach and maintain constant eye contact
- Never leave your child unattended even for a second
- Never assume someone else is watching your child
- Most people who drown can swim

Maintain the 10/20 rule

On holiday at the swimming pool

- Is the water clean and clear?
- Where is; the deep end, rescue equipment and the phone?
- Is there a lifeguard on duty?
- Never allow a child to swim unsupervised in a hotel pool

IN THE HOME

EMPTY ANY CONTAINER THAT WILL HOLD WATER

This includes items such as buckets, inflatable pools, fountains, fish ponds and aquariums that cannot be secured and close toilet seats.

Maintain the 10/20 rule

Boating activities

- Take and wear a life jacket for each person
- Take items that float, such as a cool box, cushions, etc.

Maintain the 10/20 rule

Open water

- Know what is in and under an open water area
- Find out about hazards such as marine life, parasites, currents, very cold water, or submerged objects
- Enter all unfamiliar water feet first (no diving)
- Caution children to avoid swallowing water

Maintain the 10/20 rule

If a child falls in a river

- A current can carry a child quickly away from the point of entry
- Go downstream immediately to position yourself to help

Learn CPR

It could save a life

Seconds count in an emergency and the minutes it could take for help to arrive could be the difference between recovery, brain damage, or death. CPR skills are easy to learn, and if practiced often, easy to remember.

Have a family emergency plan...

...It could save a life

Have a family emergency plan and practice it often:

Emergency plan

- Call for help and remove child from the water
- IF POSSIBLE PERFORM CPR – LEARN CPR!
- Dial 9-9-9

Slowly and distinctly give your:

1. NAME 2. ADDRESS 3. PHONE NUMBER

Tell the operator what happened and:

- How many people need help, and the approximate age
- If victim is breathing, has a pulse, colour of their skin

Do not hang up until told to by the operator

If possible, send someone to the front of the house to meet the ambulance and direct them to the scene.

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