

# Water safety tips from Life Saving Victoria

With many family activities happening close to waterways these school holidays now is a great time to refresh and remember what to look out for to keep the kids safe in and around water.

Play it Safe by the Water: has a great range of bite-sized snippets to remind you of what to look for and what to think about before you go to the various environments.

The Beach: There are numerous things to consider when visiting the beach. Where are the patrolled beaches, what is the weather doing, what does a rip current look like and what do you do if you find yourself caught in one?

Inland waterways: Rivers, creeks, lakes and dams are great fun but they also have hidden dangers such as currents and submerged objects. Do you know what to look for?

Rural properties: Dams, wells and tanks may not be so familiar. Have you thought about what to consider?

Home: Pools and spas at home are great fun over the summer but they are not risk free. Remain ever vigilant and always watching.

[More information](#)



# Supervision around water

All children require active supervision around water regardless of their swimming ability. Twenty seconds is all it takes for a child to drown in as little as a few centimetres of water. Beaches, pools, ponds, lakes, rivers and bathtubs all present a drowning risk.

The best way to keep children safe is to keep under-fives within arm's reach, and under 10s within eyesight around water at all times. It's a good idea to make and stick to a supervision plan so there is always an adult actively supervising children around waterways during gatherings or parties, even during the winter months!

- Supervise. Actively supervise children around water
- Restrict. Restrict children's access to water
- Teach. Teach children water safety skills
- Respond. Learn how to respond in the case of an emergency

[More information](#)



# Water Safety @ Home

Home-based activities to experience with your child these school holidays

Life Saving Victoria's Water Safety @ Home is a suite of online and printable water safety resources, for you to explore in the comfort of your very own home!

Activities include:

- Water Safety Watch and Learn videos and activity booklets
- Swimming @ Home videos
- First Aid for Kids @ Home videos

and more!



LSV's CPR for Kids @ Home video and resources are perfect for practising the lifesaving competency of the Victorian Water Safety Certificate (VWSC), whereby students need to demonstrate DRSABCD and the recovery position.



To access CPR for Kids @ Home, and all Water Safety @ Home resources, visit: [www.lsv.com.au/education/watersafetyathome](http://www.lsv.com.au/education/watersafetyathome)

# Swim City

Join Finn, Pod and Splash and their new friend Rocky on an adventure to learn about water safety with Swim City, a fun online game.

Aimed towards children in Years Pre–6, Swim City is a free 30-minute online game that supports students to work towards achieving the knowledge component of the Victorian Water Safety Certificate (VWSC), all while having loads of fun! Students will explore four different aquatic environments and solve challenges along the way like identifying dangers and making areas safe.

To play Swim City, dive into [www.lsv.com.au/swimcity\\_](http://www.lsv.com.au/swimcity_)

