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16-19 Lambridge Place
Penrith

nepeanaquaticcentre.com.au

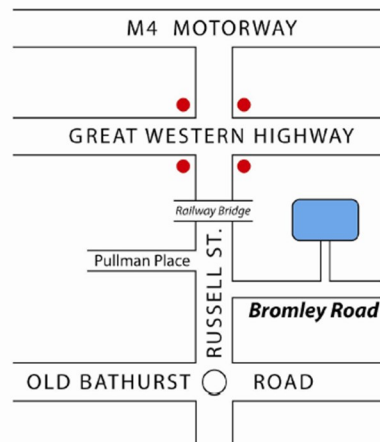
evaboryswimschool.com.au

facebook.com/NepeanAquaticCentreandEvaBorys



02 4728 8400

14 Bromley Rd
Emu Plains



Be Aqua Smart

Be Safer -

in and around the water



***Love to Swim
Swim for Safety
Swim for Life!***



For MUM and DAD:

Who are we?

At Nepean Aquatic Centre and Eva Bory's we love to swim, and believe that swimming is for everyone, for life, no matter your age or level of ability. Our mission is to educate regarding aquatic safety, and provide quality learn to swim lessons for all.

Safety is everything.

Children can never be 100% safe around the water, so our mission is to educate the public regarding water safety.

Our aim is that all local children will learn to swim, and become safer in and around every aquatic environment. Our greatest hope is to work together as a community to see the drowning statistics reduced to zero.

MEET PADDLES the PLATYPUS



1. Fence the pool
2. Shut the gate
3. Teach your kids to swim – it's great
4. Supervise – watch your mate and
5. Learn how to resuscitate



WANT MORE INFORMATION?



Go to kidsalive.com.au for water safety information, interactive games, songs, animated videos and learning resources.

Colour in Paddles!



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The Facts - for Parents

There were 248 drowning deaths in Australian waterways between 1 July 2019 and 30 June 2020.

80% were male

20% were female

35% of drowning deaths were in NSW (89 people)

More than a third of drowning deaths occur in summer

The top 3 locations for drowning were:

- River / Creek / Stream (21%)
- Ocean / Harbour (20%)
- Beaches (18%) - 63 people



12 children aged 0-4 drowned

9 children aged 5 -14 drowned

33% of drownings happened in swimming pools

The Rules - for Kids



***PADDLES
SAYS -
RULES ARE
COOL!***

FENCE the pool

SHUT the gate

LEARN to SWIM

NEVER swim without MUM and DAD

LEARN CPR

PARENTS: SWIMMING has lots of extra benefits in addition to SAFETY!

Fitness

Discipline

Academic Success a recent study conducted by Griffith University found children who swim:

- demonstrate more advanced cognitive and physical abilities than other children.
- anywhere from 6 to 15 months ahead of the normal population when it came to cognitive skills, problem solving in mathematics, counting, language and following instructions
- scored significantly better in visual-motor skills such as cutting paper, colouring in and drawing lines and shapes
- were eleven months ahead of the normal population in Oral Expression, six months ahead in Mathematics Reasoning and two months ahead in Brief Reading. Most amazing was the difference in Story Recall (17 months ahead) and Understanding Directions (20 months ahead).

PARENTS: what can you do?

- Teach your children to SWIM
- Learn CPR
- TALK to your children about the water safety rules contained in this booklet
- REINFORCE the rules at every opportunity



AT THE POOL

- ALWAYS swim with Mum and Dad
- Shut the gate - and NEVER climb
- Listen to adults and lifeguards - FOLLOW THE RULES
- DON'T RUN
- NEVER be silly in the water
- NEVER play breath holding games
- NEVER swim under pool toys—you might get stuck underneath



AT HOME

A young child can drown in a

A spa	A drain	A pet bowl
A bucket	An inflatable pool	A puddle
A bathtub	A sink	A fishpond
An esky	A fountain	A water tank

**You must
NEVER
be left alone in the bath.**



AT THE BEACH , RIVER and OCEAN

- **ALWAYS** swim between the flags
- **FOLLOW** the **RULES**
- **STAY** with Mum and Dad
- **WEAR** sunscreen and a hat
- **DRINK** lots of water
- **WEAR** a life jacket if on the water
- **DON'T** jump in if you can't see the bottom

