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[nepeanaquaticcentre.com.au](http://nepeanaquaticcentre.com.au)

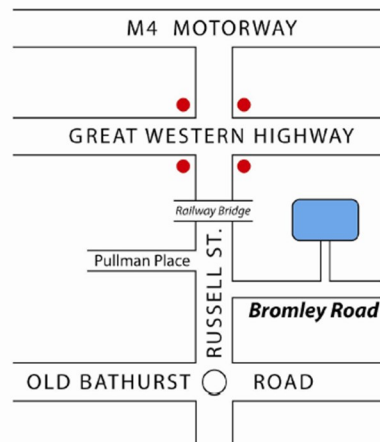
[evaboryswimschool.com.au](http://evaboryswimschool.com.au)

[facebook.com/NepeanAquaticCentreandEvaBorys](https://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!***



## 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.

## A splash of History

We have been providing professional Learn To Swim and Fitness services to Penrith, Emu Plains and surrounding regions for more than 30 years!

**MEET PADDLES the PLATYPUS**  
our friendly mascot!



***Want to test what you have  
learnt today?***

***Take the Royal Life Saving online quiz!***

***<http://www.watersafetyquiz.com.au/>***

The image shows the 'Welcome to the Water Safety Online Quiz' page. At the top, it says 'EVERYONE CAN BE A LIFESAVER' and 'Royal Life Saving AUSTRALIAN LIFE-BOATING SOCIETY - AUSTRALIA'. There's a 'Welcome to the Water Safety Online Quiz brought to you by Royal Life Saving' message and logos for 'WATER SAFETY ONLINE QUIZ' and 'Australian Government'. The main content area has two sections: 'i Before you start' with a cartoon lifeguard pointing to a sign that says 'INTRODUCTION', 'SAMPLE QUESTION', and 'QUIZ TAKES 20mins'; and 'ii Enter your details' with form fields for 'Your Name', 'Your School', 'Your Age', 'Your Grade', 'Your State', 'Your Gender', and 'Home Postcode'. A green 'GET STARTED NOW' button is at the bottom. A small red note says 'Please ensure you complete all fields in the above form.'

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## SWIM SAFETY Survival Skills

Learn to Swim.

Practise treading water to stay in one place.

Practise survival sculling to move through the water.

### Why not do further swim safety training?

There are many courses available through Royal Life Saving Australia including:

- CPR
- Bronze Medallion
- First Aid
- Pool Lifeguard

Many of which are available at Nepean Aquatic Centre, run by a Royal Life accredited trainer.

**AND keep your swimming skills up, to remain fit & healthy while having fun &**

**staying safer. We offer**

- Kids Swim 4 Fitness
- Squads Training
- Swim Club
- Casual Swimming
- Aquarobics



## The Facts

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**

## IN EVERY AQUATIC SITUATION

Some very important rules apply to

ALL aquatic situations.

**LEARN TO SWIM** From an early age, until competent & strong.

**GO TOGETHER** When playing in and around the water, an adult should always be with you. Always.  
No exceptions.

**STAY AFLOAT AND WAVE** If you're in trouble in the water, float on your back, remain calm and wave your arm to attract attention.

**REACH OR THROW TO RESCUE** Lie down and reach out to the person needing assistance with a branch or a pole, or throw a floatation aid. Reassure the person to keep them calm. Never enter the water.

**LEARN CPR & LIFESAVING SKILLS** Know what to do in an emergency. Always have a phone with or near you to call 000.



**BE SUN SAFE** If outdoors, use sunscreen, hats and other forms of sun protection. Stay hydrated.

## AGE CONSIDERATIONS

Every year 9 teenagers between the ages of 11 and 16 years drown in Australia.

Over half occur in inland waterways such as rivers, lakes and dams.

Over two thirds are male.

### Why?

- They are teenagers! Which means more independence - and more peer group pressure to take risks. It's not worth playing the fool around the water- look after each other!
- Royal Life Saving recommends that parents of 11-14 year olds regularly physically check on their child by going to where they are in or around the water.
- Drugs and alcohol - do NOT mix with swimming and water. Consuming drugs and alcohol around the water will increase your risk of drowning.



### What to do?

- Continue improving swim skills, and learn survival and rescue skills, & learn CPR.



## RIVER, INLAND WATERWAY, OCEAN and DAM Safety

- Enter the water slowly and carefully in case the water is too deep (due to drop offs in dams or riverbeds) or there are any submerged objects in murky waters. Never jump or dive.
- Always wear a lifejacket when out boating on any body of water - river or ocean, even if a very strong swimmer.
- Avoid drugs and alcohol when boating.
- Always fish with a friend - and never turn your back on the ocean.
- Supervise children on properties with dams.
- Beware of strong river currents. If caught in a river current, float feet first with the current.
- Check weather conditions and be prepared.
- Be aware that cold water can cause hypothermia.



• A report studying river drowning in Australia in the last 10 years showed that 473 people drowned whilst boating, with 92% of these deaths being men. NSW had the highest rate. In many of these deaths, high risk behaviour is to blame.

## SWIMMING POOL Safety

The rules for pool safety are:

- Adult supervision at all times - never swim without your parents or a responsible adult!
- Adults must also never swim alone.
- Shut the pool gate - every time.
- Make sure there is nothing by the gate for small children to climb on.
- Listen to lifeguards and follow the rules.
- Don't run on slippery surfaces.
- Never pull or hold people under the water.
- Never play breath holding games.
- Be aware of the water depth before diving.
- Be careful not to get trapped underneath pool toys, inflatables or slides.
- Pool toys & inflatables are not enough to keep a non swimming child safe in the pool.



## HOME WATER Safety

In addition to backyard swimming pools, there are a number of hazards in and around the home to be aware of, especially when younger children are present. Which of the following could a young child drown in?

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

The answer is **ALL** of them.

It is crucial that these are emptied, covered, put away and not left where they can fill up with water.

A child should never be left alone in the bath.



Nothing is more important than supervising a child in the water.



## BEACH Safety

The rules for beach safety are:

- Always swim between the flags. Know your warning and safety signs.
- If the beach is closed, it is for good reason. Follow the rules, they are for your safety.
- Know what to do in a rip. (It's not just tourists and poor swimmers who get caught in rips - it's young men aged 15-39 years that are most likely to die in rips). If in a rip stay calm, & try floating with the current. Swim parallel to the shore or towards breaking waves and use them to help you in. Reassess. Try these options until you're rescued or return to shore.
- If you or someone else is in trouble, raise an arm to seek help or call for help.
- Be aware of sudden changes of depth or drop offs.

