01

EVERYONE CAN BE A LIFESAVER

Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

KEEP WATCH

FACT SHEET No.01

Supervise

Q. What is supervision?

A. Supervision is constant visual contact with your child. You should be within arms' reach and be in a position to respond quickly. It is not an occasional glance while you nap, read or undertake household chores, and it is not looking outside at your kids playing while you are inside.

Q. What is active supervision?

A. Active supervision means focusing all of your attention on your children all of the time, when they are in, on or around the water. You must be within arms' reach, interacting with your child and be ready to enter the water in case of an emergency.

Q. How can multi-tasking affect supervision?

A. Parents are busy and often try to do many things at once to save time. When you multi-task you can become distracted and do not give your full attention to maintaining the safety of your children. Distractions include: doorbell, phone, meal times, toilet breaks etc.

Q. Can older children watch younger children?

A. No. Parents leaving young children in the care of older siblings has been a factor in a number of toddler drowning deaths. Older children are not equipped with the skills to perceive and respond to an emergency situation, nor should they be given this responsibility.

Q. What is the best way to supervise children at parties?

A. If there are a small number of children, make an adult responsible for their care. A supervisor should wear a Keep Watch 'Designated Child Supervisor' Hat and if that supervisor leaves they should hand the hat (responsibility) over to another adult to take over. If there are a large number of children, leave an adult stationed at each different place where the children will play to monitor that area.

Real Life Story - A Family's Tragedy

A 2 year old girl drowned after falling into a backyard swimming pool. The little girl drowned, after her grandmother, who was watching her, went to answer the front door.

"I'm absolutely distraught" said the girl's grandmother. "I was inside the house for only a minute, but it was enough time for her to climb on a table that had been left against the pool fence. She opened the gate, got inside the fence and fell into the pool. I will never be able to forgive myself for letting this happen".

ROYAL LIFE SAVING HAS DEVELOPED A NUMBER OF FACT SHEETS ON WATER SAFETY ISSUES IN AUSTRALIA.

Contact Royal Life Saving on: **1300 737 763**
or download them from: **www.keepwatch.com.au**

Supervision Checklist:

- ☐ Everything ready for bathing your child or going swimming e.g. towels, dry clothes, cordless phone or answering machine on etc
- ☐ Child actively supervised within arms' reach
- ☐ All of your attention focused on your child all of the time when they are in, on, or around water
- ☐ Child not left alone or in the care of an older child when around water or in the bath
- ☐ Prepared to get wet in case of an emergency

DROWNING HAPPENS QUICKLY AND SILENTLY.

ALWAYS ACTIVELY SUPERVISE YOUR CHILD AROUND WATER.

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