



Water Safety Education Program 2021



City of
Newcastle

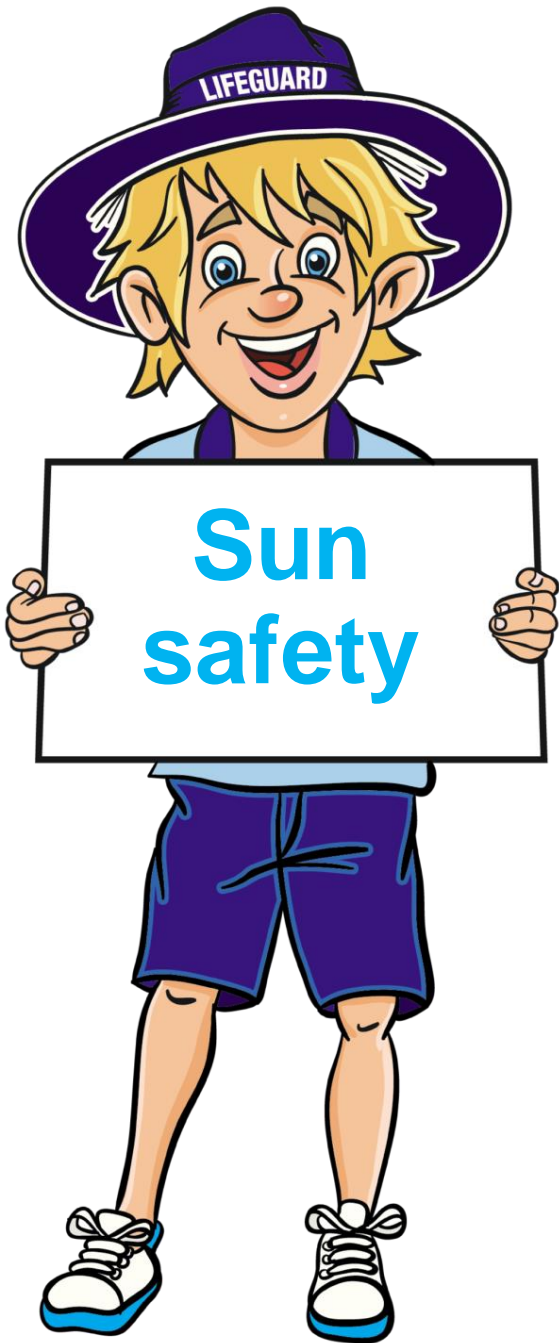


**Why do you think we
teach water safety?**

Ask a lifeguard for help



All lifeguards stand out



Slip



Slop



Slap



Seek



Slide



Protect yourself in five ways from skin cancer



- **Never swim alone**
- **Make sure an adult is always watching you in the water**
- **Learn to swim, it's fun!**



LIFEGUARD

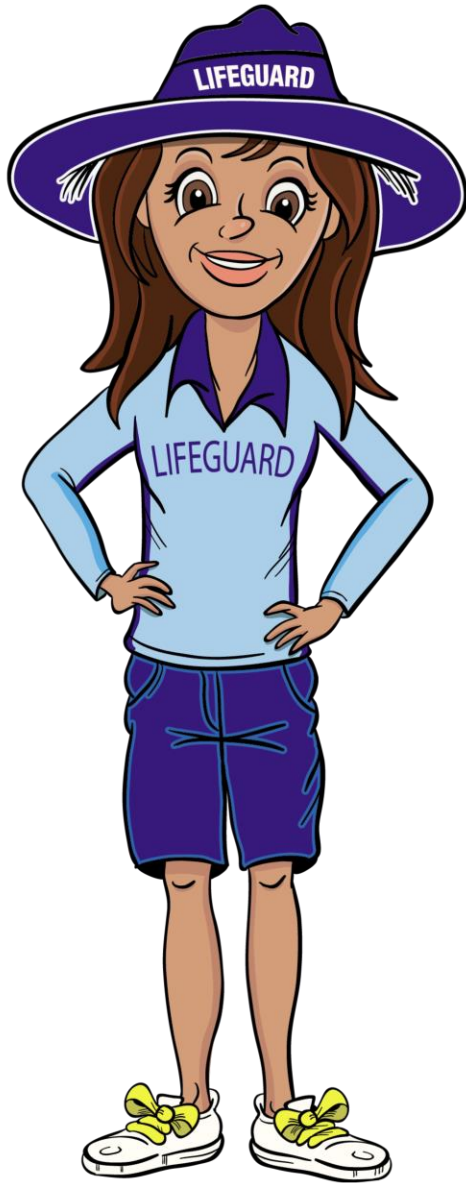
Pool safety



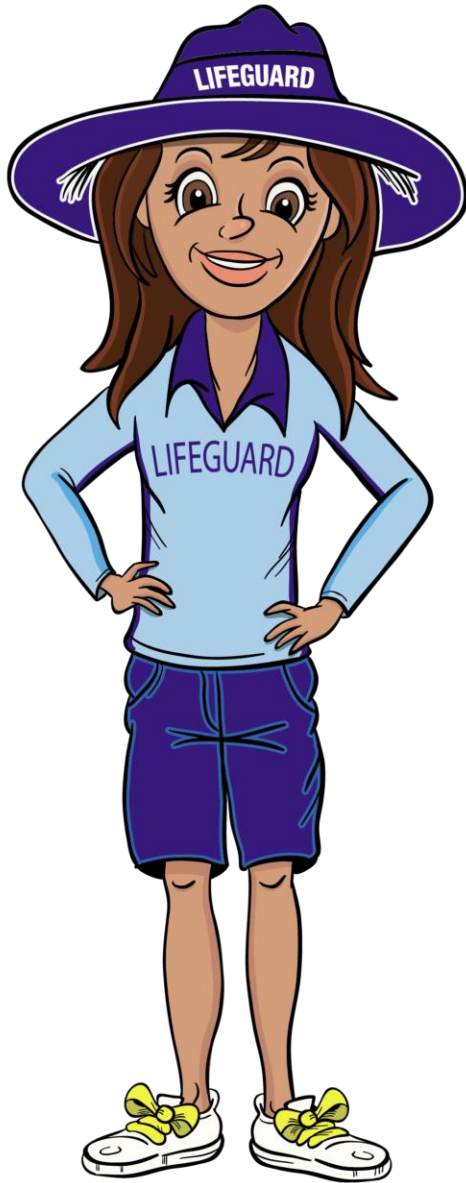
City of
Newcastle



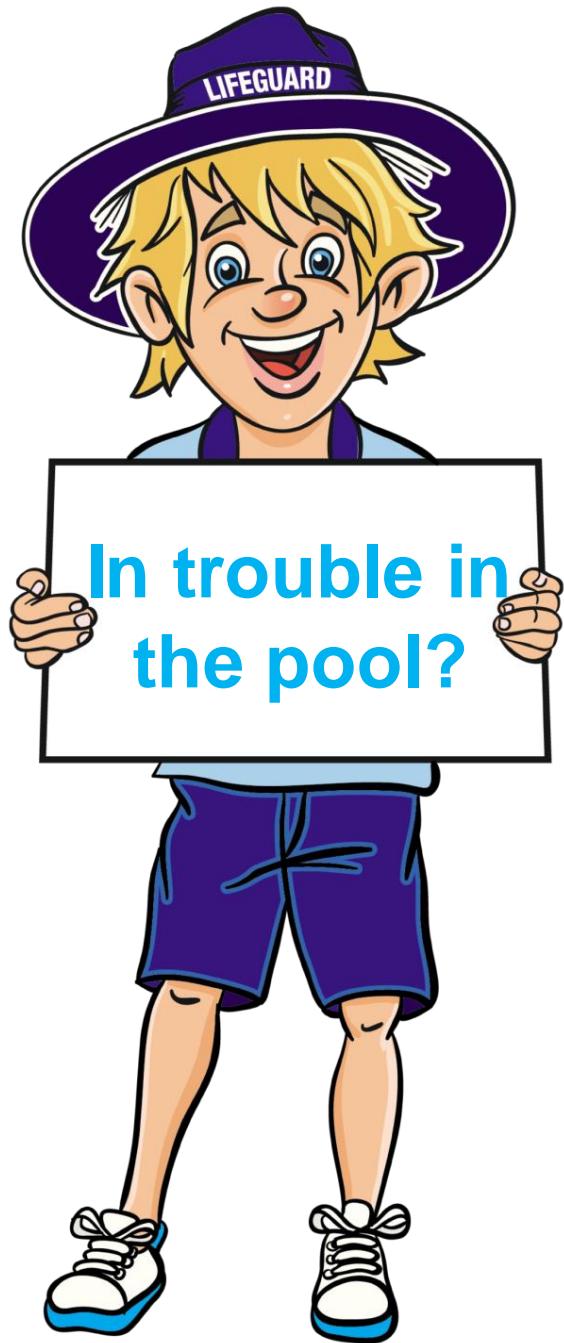
Pool Safety



**What pool safety
rules were mentioned
in the video?**



**Remember don't
jump in where others
are swimming!**



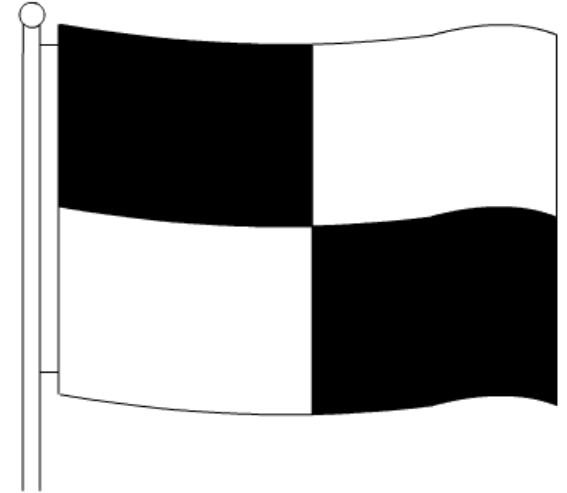
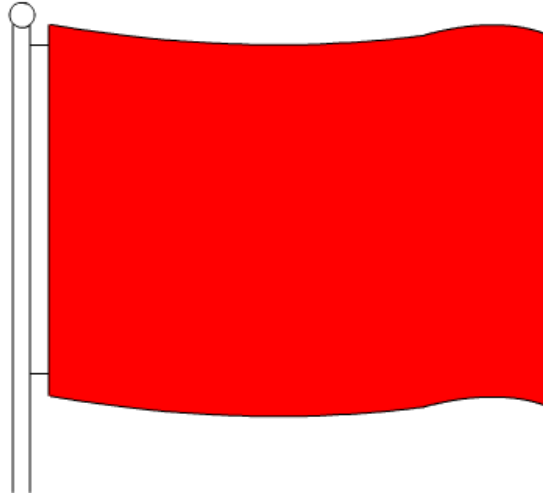
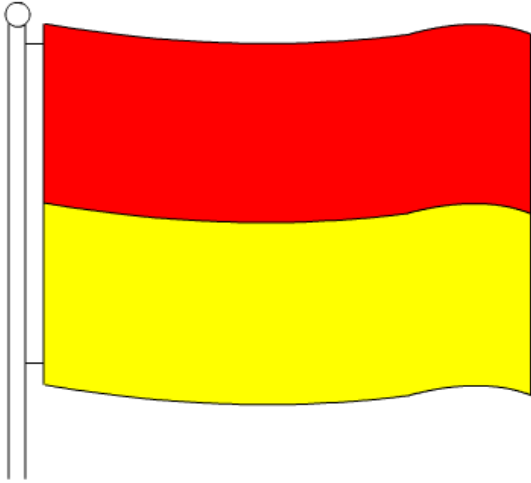
- **Stay calm,
try to float**
- **Put your hand up**
- **Yell for help**



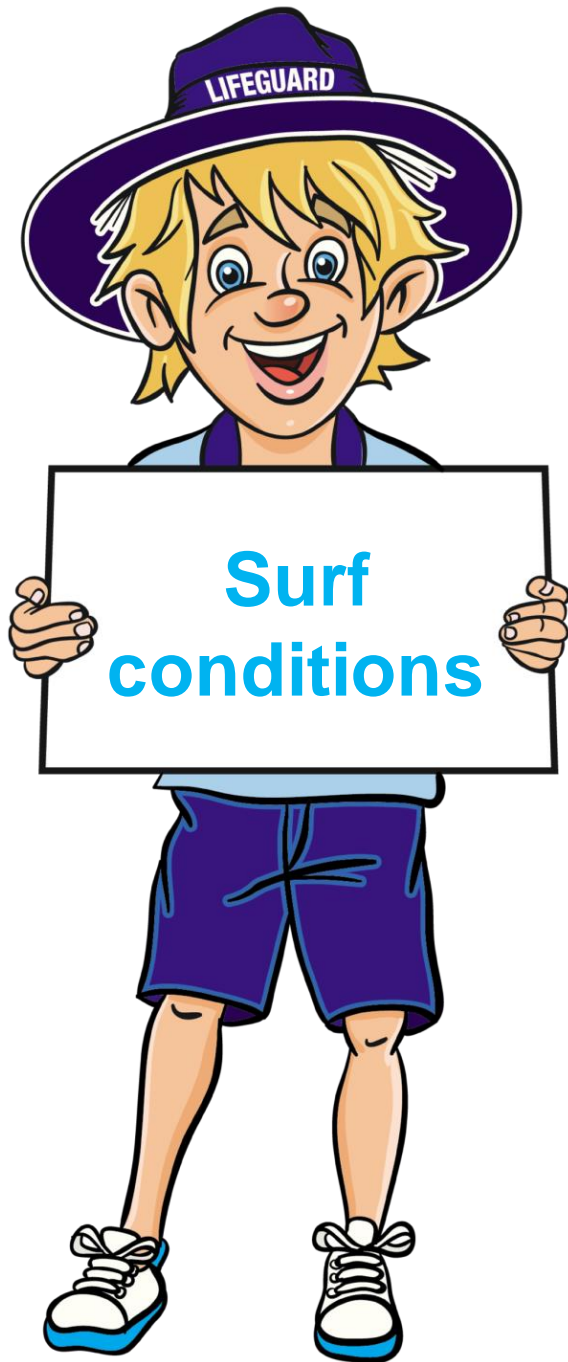


Beach Safety

What do these flags mean?



NO FLAGS = NO SWIM

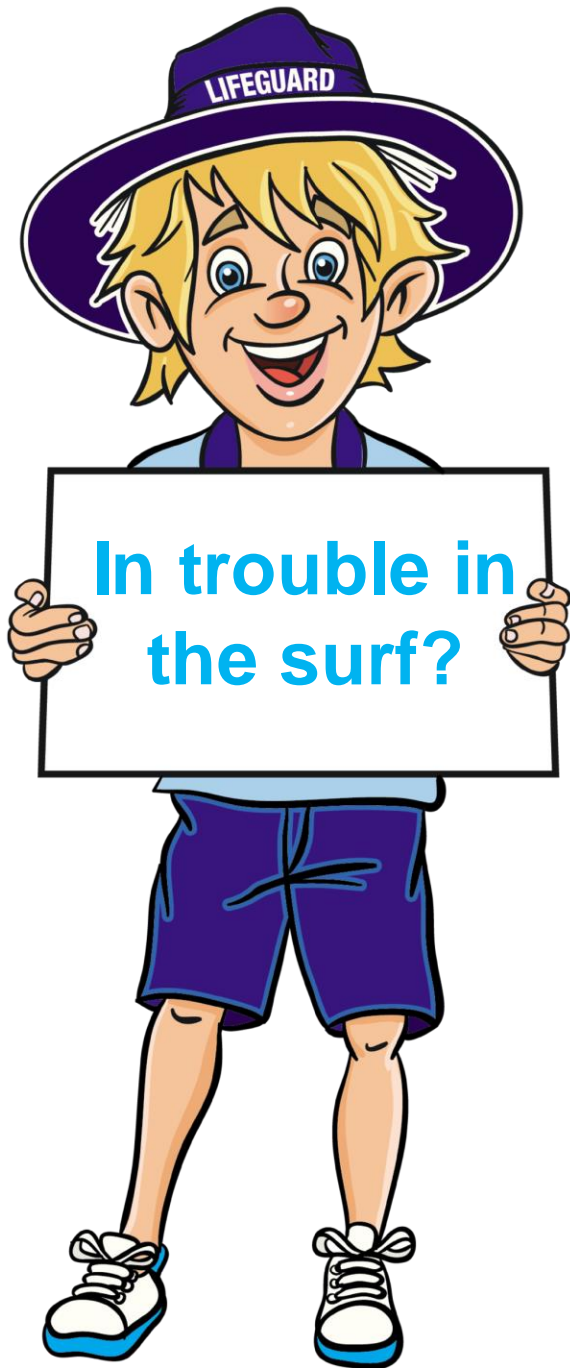


- **Always check the surf conditions**
- **Obey the safety signs**
- **Unsure?
Who can you ask?**





Rip Safety



As with the pools:

- **Stay calm, try to float**
- **Put your hand up**
- **Yell for help**

Different beach rescues



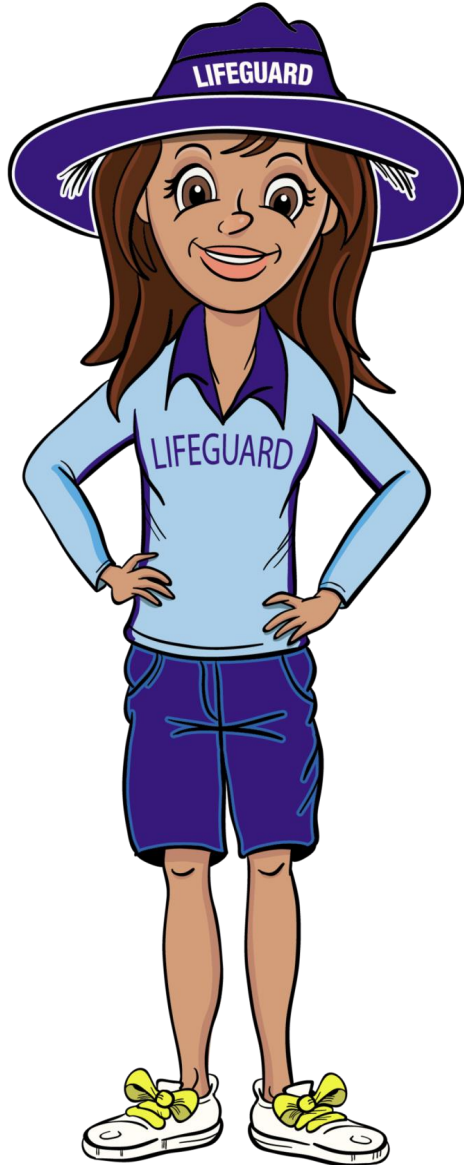
Dangerous creatures







Open Water Safety



What open water safety rules were mentioned in the video?



- **If in trouble,
call for adult help**
- **Then call...**

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**An introduction to
resuscitation**





An introduction to resuscitation

Can you
remember
the acronym?



Danger

Response

Send for help

Airway

Breathing

Compression

Defibrillation




Water Safety


- **Swim between the flags**
- **Never swim alone**
- **If you get in trouble, put your hand up**
- **Ask a lifeguard for help**





**Water safety,
it starts with you**

City of Newcastle


 Swim between the flags
NO FLAGS = NO SWIM


 Never swim alone

 Ask a lifeguard for help


 Adults supervise children

If in trouble

 HELP Stay calm, float, raise your hand, yell for help


 Keep hold of your floatation device i.e. surfboard, bodyboard

If you don't feel safe, don't risk it!

 In Emergency
Call 000

newcastle.nsw.gov.au

Learn to swim,
it's fun!



Any questions?

www.newcastle.nsw.gov.au/watersafety