



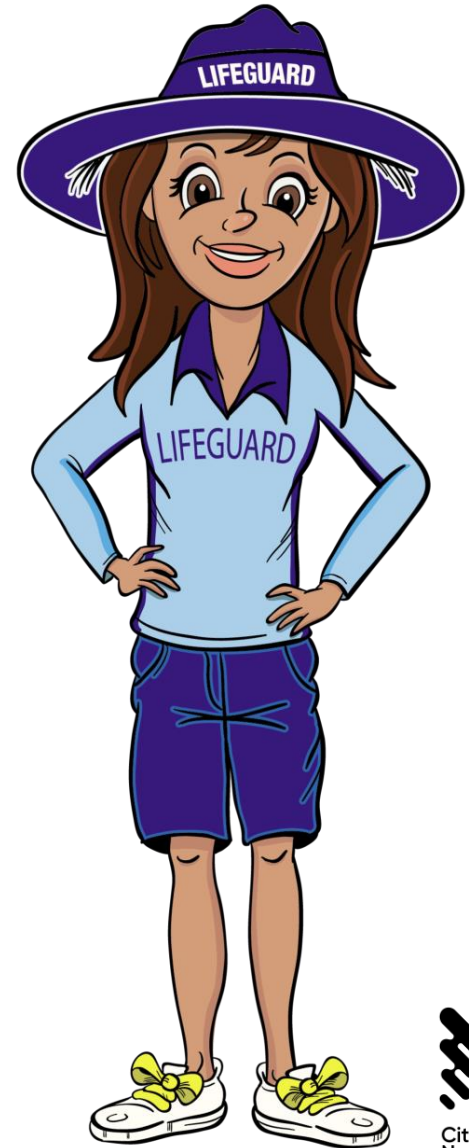
# Water Safety Education Program 2021

- Early Stage 1
- Stage 1





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

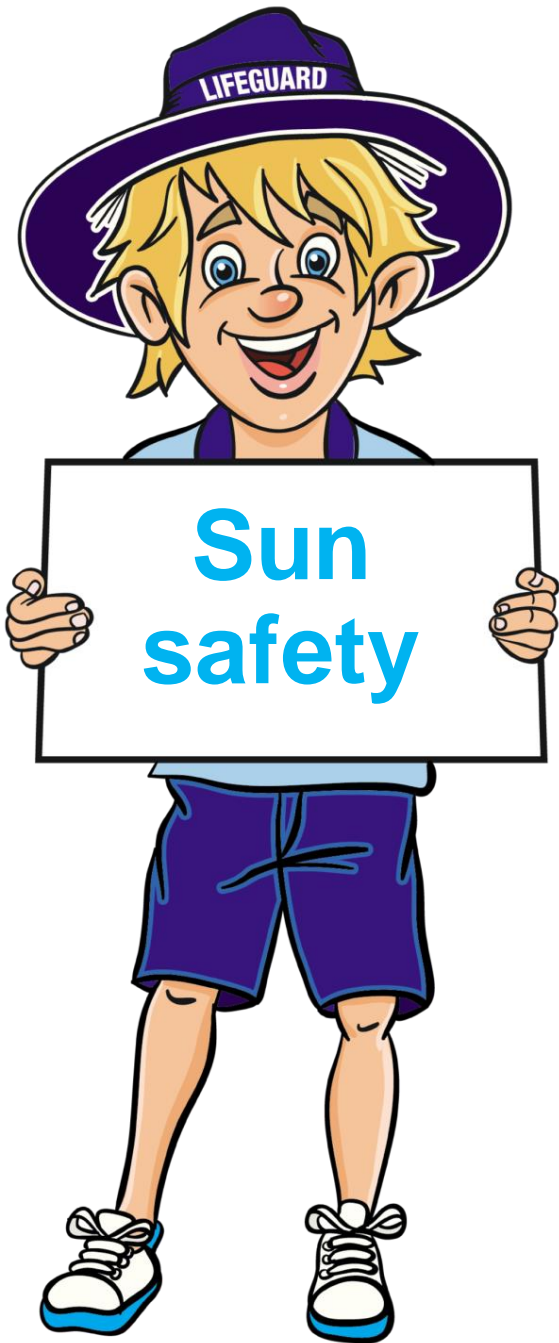




# Ask a lifeguard for help



**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

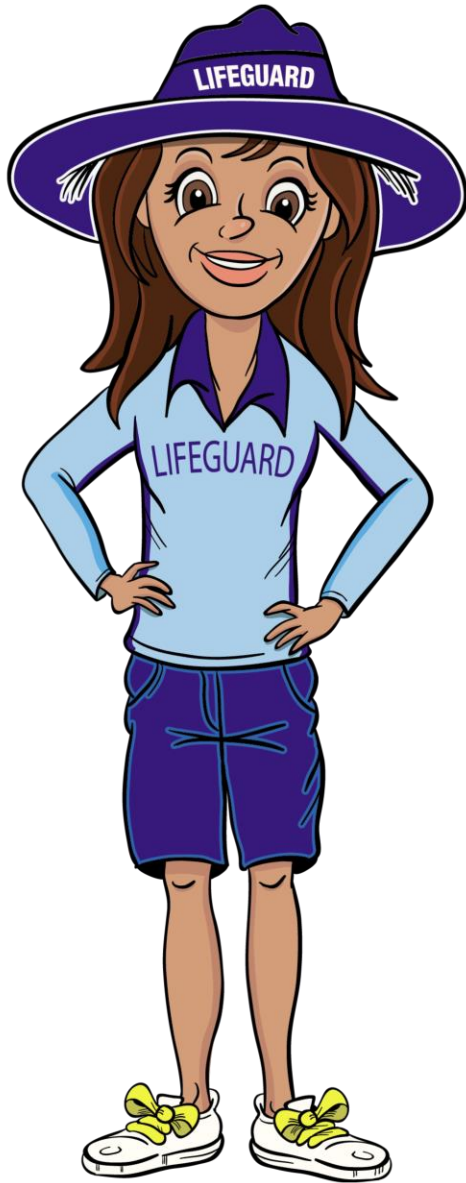
Pool safety



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# Pool Safety

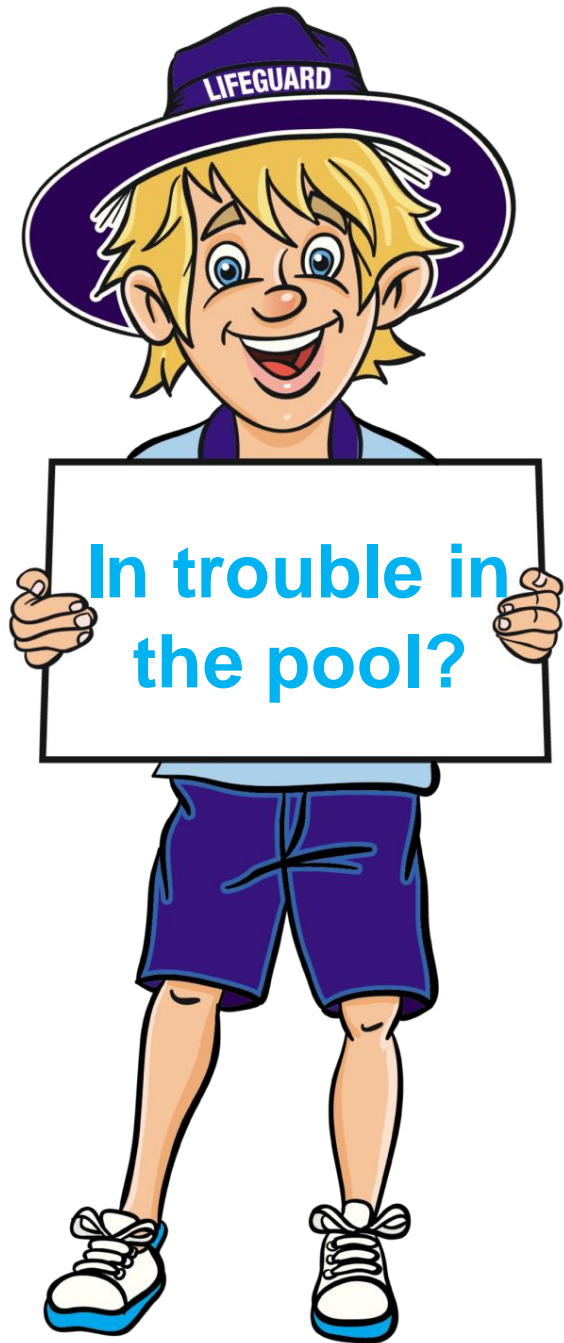


**What pool safety  
rules were mentioned  
in the video?**



# Why is the adult pointing?





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

# If you see someone in trouble



- Yell for help
- Throw a flotation aid in
- Reach them with a long object

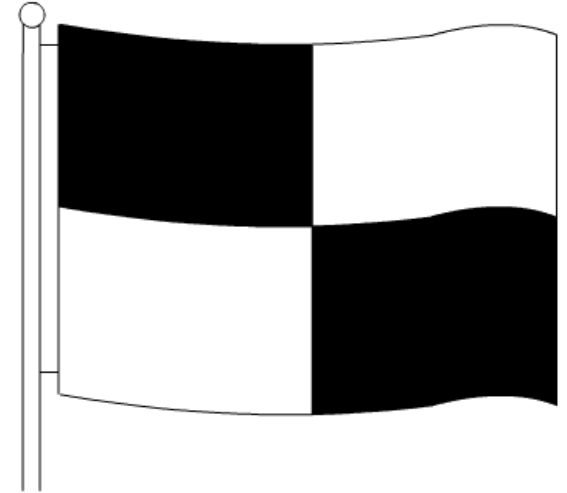
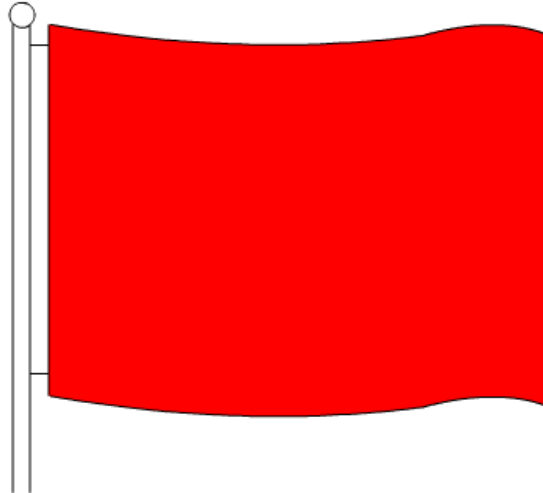
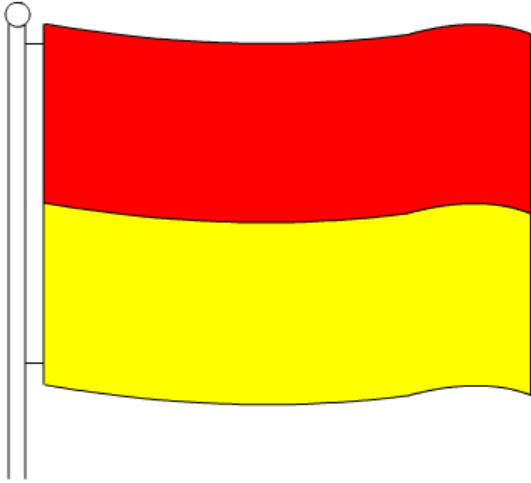






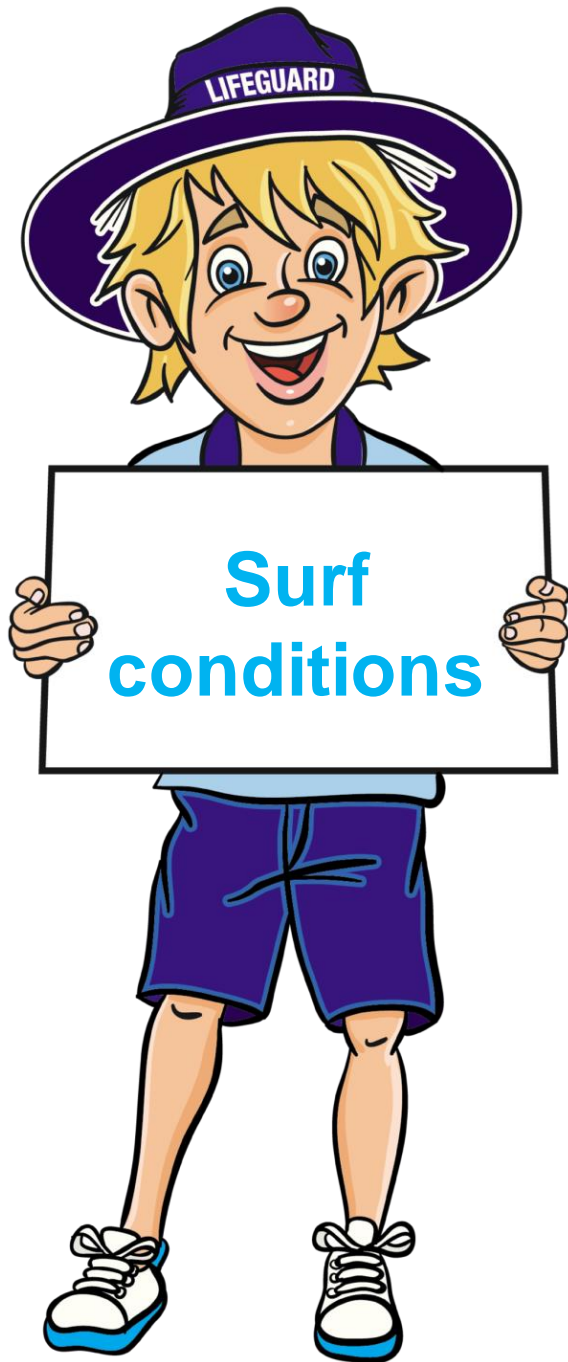
# Beach Safety

# What do these flags mean?



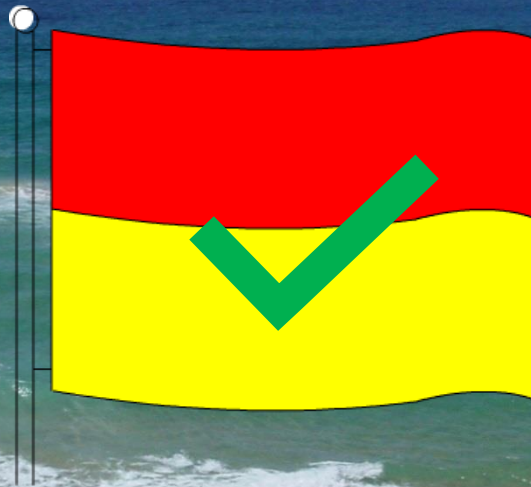
**NO FLAGS = NO SWIM**



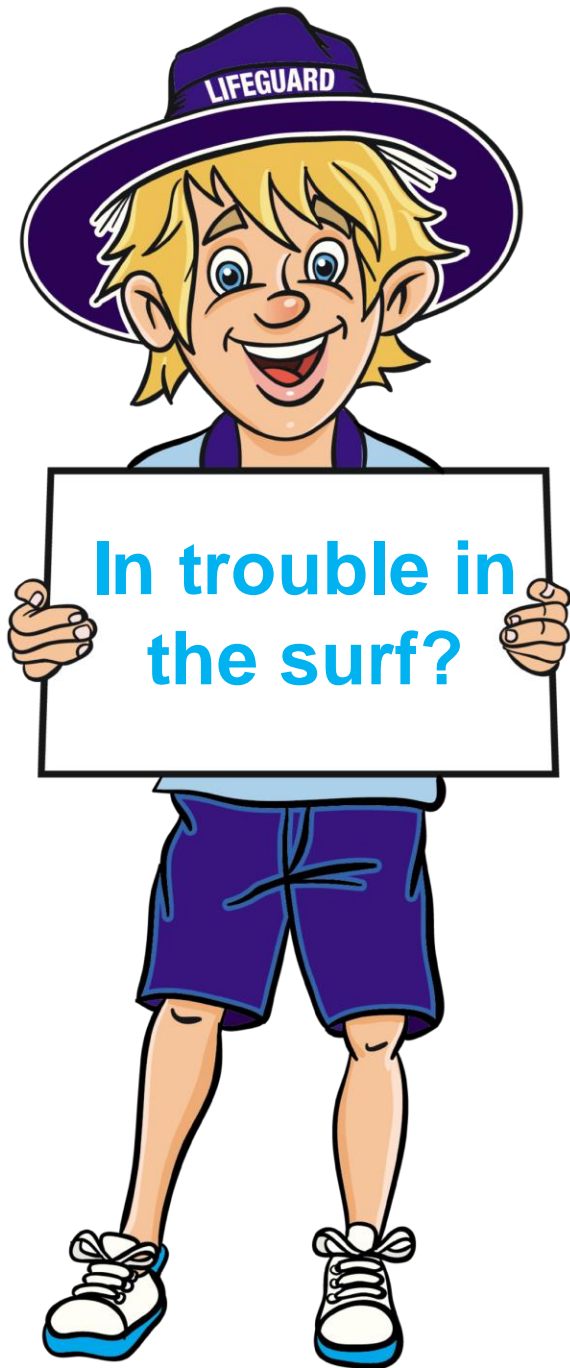


- **Always check the surf conditions**
- **Obey the safety signs**
- **Unsure?  
Who can you ask?**

# SWIMMING BETWEEN THE FLAGS



MEANS NOT SWIMMING IN RIPS



## As with the pools:

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



# Different beach rescues



# Dangerous creatures





LIFEGUARD

Open water  
safety

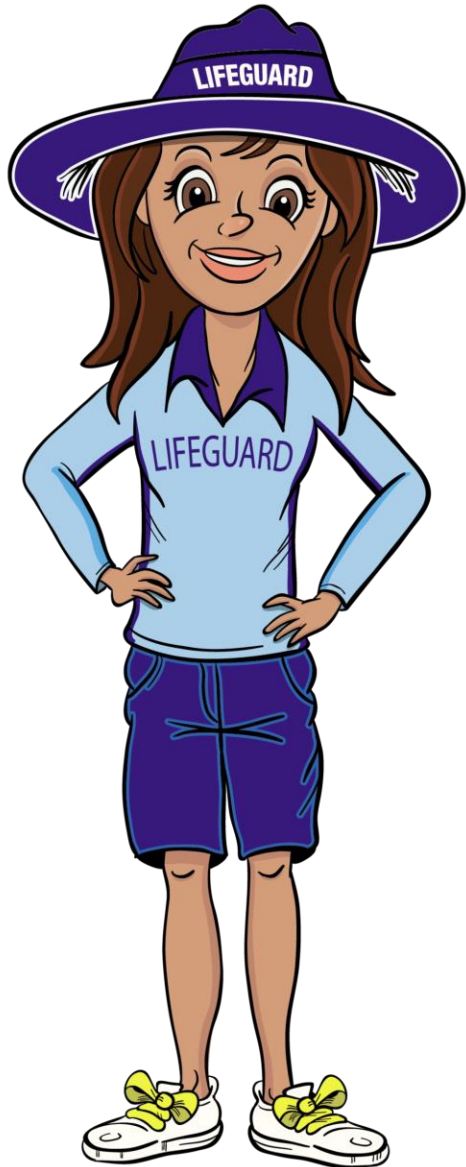


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# Open Water Safety



**What open water safety rules were mentioned in the video?**



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

**000**





**The 4 important water safety messages to remember are**



**Swim between the red and yellow 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!



Learn to swim,  
it's fun!

In Emergency  
Call 000

[newcastle.nsw.gov.au](http://newcastle.nsw.gov.au)

# Any questions?

[www.newcastle.nsw.gov.au/watersafety](http://www.newcastle.nsw.gov.au/watersafety)