

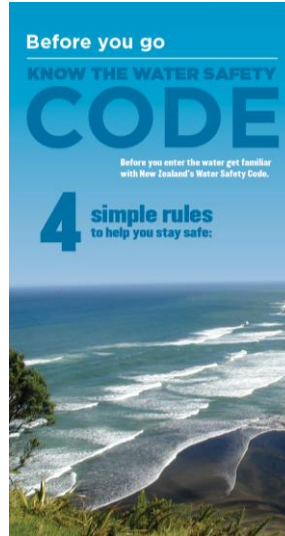
World Conference on Drowning Prevention 2011



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New Zealand



- Approx 4 million population
- Auckland 1.3 million
- ‘Capital of the South Pacific’
- 2 hours drive to a coast



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Background



Water Safety New Zealand Education Framework

- **Supervision**
- **Attitudes and behaviours**
- **Equipment**
- **Environment**
- **Knowledge and skills**
- **Critical decision making and risk management**



International Open Water Guidelines



Keep Yourself Safe

- Learn swimming and water safety survival skills.
- Always swim with others.
- Obey all safety signs and warning flags.
- Never go in the water after drinking alcohol.
- Know how and when to use a life jacket.
- Swim in areas with lifeguards.
- Know the water and weather conditions before getting in the water.
- Always enter shallow and unknown water feet first.



International Open Water Guidelines



SURF LIFE SAVING



Keep Others Safe

- Help and encourage others, especially children, to learn swimming and water safety survival skills.
- Swim in areas with lifeguards.
- Set water safety rules.
- Always provide close and constant attention to children you are supervising in or near water.
- Know how and when to use life jackets, especially with children and weak swimmers.
- Learn first aid and CPR.
- Learn safe ways of rescuing others without putting yourself in danger.
- Obey all safety signs and warning flags.



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KNOW BEFORE YOU GO
The Outdoor Safety CODE

Before you go into the outdoors get familiar with New Zealand's Outdoor Safety Code

5 simple rules to help you stay safe:

- 1 Plan your trip**
Seek local knowledge and plan the route you will take and the amount of time you can reasonably expect it to take.
- 2 Tell someone**
Tell someone your plans and leave a note for whom to call the alarm if you haven't returned.
- 3 Be aware of the weather**
New Zealand's weather can be highly unpredictable. Check the forecast and expect weather changes.
- 4 Know your limits**
Challenge yourself within your physical limits and experience.
- 5 Take sufficient supplies**
Make sure you have enough food, equipment, clothing and emergency options for the worst-case scenario. Take an appropriate means of communication.

For more information visit www.outdoorsafetycode.co.nz

Before you go
KNOW THE BOATING SAFETY CODE

Before you go boating on our seas, lakes and rivers, get familiar with New Zealand's Boating Safety Code.

Five simple rules will help you to stay safe, no matter what kind of boat you use.

5 simple rules to help you stay safe:

- 1 Life Jackets**
Take them - Wear them
Bucks, especially when you're out at length, can sink very rapidly. Wearing a life jacket increases your survival time in the water.
- 2 Skipper Responsibility**
The skipper is responsible for the safety of everyone on board and for the safe operation of the boat. Stay within the limits of your vessel and your experience.
- 3 Communications**
You have limited opportunities of communicating so we can help you if you get into difficulties.
- 4 Marine Weather**
New Zealand's weather can be highly unpredictable. Check the local marine weather forecast before you go and expect both weather and sea state changes.
- 5 Avoid Alcohol**
Take boating and alcohol do not mix. Things can change during the winter. You need to stay alert and aware.

For more information about safe boating education and how to prepare for your boating experience, visit www.aquasport.govt.nz



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The New Zealand Water Safety Code



1. Prepare



2. Supervision



3. Risk



4. Ability



	NZ Water Safety Code	WSNZ Education Framework	International Open Water Guidelines
1	Be Prepared	<ul style="list-style-type: none"> - Equipment - Environment - Knowledge and skills 	<ul style="list-style-type: none"> - Set water safety rules - Know the water and weather conditions before getting in the water - Learn swimming and survival skills - Know how and when to use a lifejackets - Learn first aid and CPR - Learn safe ways of rescuing others without putting yourself in danger



	NZ Water Safety Code	WSNZ Education Framework	International Open Water Guidelines
2	Watch Out for Yourself and Others	<ul style="list-style-type: none"> - Supervision - Attitudes and behaviours - Critical decision making and risk management 	<ul style="list-style-type: none"> - Always provide close and constant attention to children you are supervising in or near water - Always swim with others - Help and encourage others, especially children, to learn swimming and survival skills - Swim in areas with lifeguards

	NZ Water Safety Code	WSNZ Education Framework	International Open Water Guidelines
3	Be aware of the Dangers	<ul style="list-style-type: none"> - Critical decision making and risk management - Equipment - Environment 	<ul style="list-style-type: none"> - Never go in the water after drinking alcohol - Know the water and weather conditions before getting in the water - Always enter shallow and unknown water feet first - Obey all safety signs and warning flags

	NZ Water Safety Code	WSNZ Education Framework	International Open Water Guidelines
4	Know your Limits	<ul style="list-style-type: none"> - Knowledge and skills - Critical decision making and risk management 	<ul style="list-style-type: none"> - Learn swimming and survival skills - Know the water and weather conditions before getting in the water - Learn safe ways of rescuing others without putting yourself in danger



Before you go
KNOW THE WATER SAFETY CODE

Before you enter the water get familiar with New Zealand's Water Safety Code.

4 simple rules to help you stay safe:

- 1 Be Prepared**
Learn to swim and survive and set rules for safe play in the water. Know the weather and water conditions before you get in.
- 2 Watch Out For Yourself and Others**
Always pay close attention to children you are supervising in or near water. Swim with others in areas where lifeguards are present.
- 3 Know Your Limits**
If you're the water within your physical limits and experience and learn safe ways of rescuing others without putting yourself in danger.
- 4 Be Aware Of The Dangers**
Enter shallow and unknown water feet first and obey all safety signs and warning flags. Do not enter the water after drinking alcohol.

For more information about water safety and how to prepare, visit www.adventuresmart.org.nz

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WASA
ORA

SURF LIFE SAVING

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Building a water safety culture through education



www.watersafe.org.nz

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