



We build strong **PEOPLE**
strong **FAMILIES** strong **COMMUNITIES**

Ian Thorpe
Aquatic and Fitness Centre

Cook & Phillip
Aquatic and Fitness Centre



YMCA Sydney Implementing Home Pool Safety into Aquatic Lessons

Tracey Ayton
Cook + Phillip Park
Aquatic and Fitness Centre



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2009/10 statistics

- 33 children drowned in 0-4 years age group
- 91% as a result of a fall in
- 49% in swimming pools
- 15% in bathtime incidents



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smh.com.au
The Sydney Morning Herald

Alert to parents after latest pool tragedies

December 1, 2009

Two toddlers have died in three days in backyard pool accidents in NSW.

Tweed Daily News

Toddler nearly drowns

31 March 2011

A TODDLER is in a serious condition after nearly drowning in a backyard swimming pool in the NSW Blue Mountains.



Child, five, drowns in swimming pool

27 August 2010

A five-year-old girl has drowned in a swimming pool in Sydney's north-west.

Daily Mercury

Drowning a serious risk for kids

25 March 2011

Drowning is the leading cause of accidental death for young children in Mackay.



Samuel Morris
FOUNDATION

Close call in Bathtub Near Drowning

19 January 2011

Bath time safety is an important part of drowning prevention and awareness for parents of young children. An eight month old baby boy has survived a close call this evening after briefly being left unattended during bath time at his home in Sydney's west.



How we make a difference

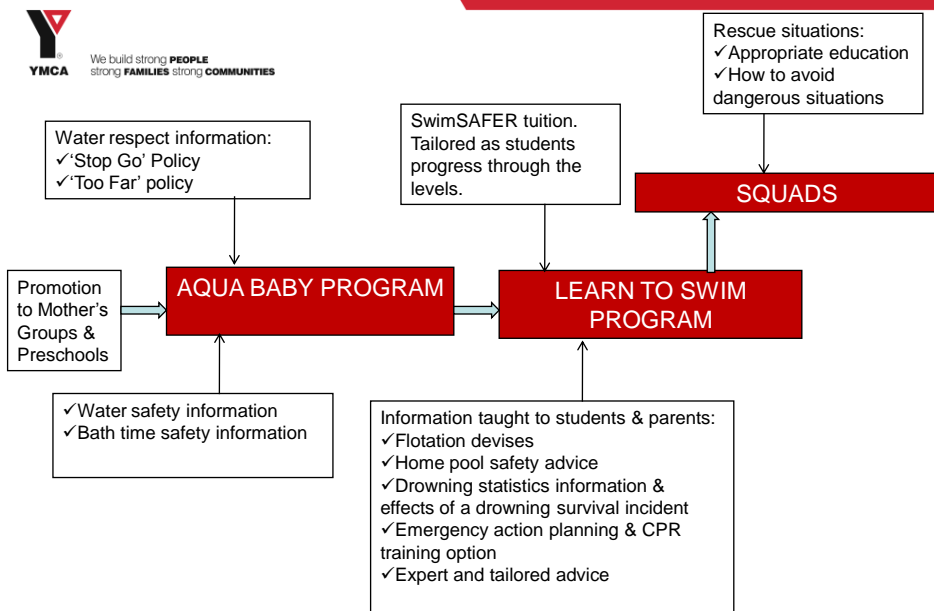


- ✓ Reach over 4,000 families per week.
- ✓ Educational resources direct to families.
- ✓ Constant reference to home pool safety, especially in Aqua Baby Program.
- ✓ Encourage talk on incidents with home / pool safety
- ✓ Staff training & development.
- ✓ Education on flotation devices and their consequences
- ✓ Scenario-based training and education.



How we upgrade our teaching

- ✓ Progressive formats written specifically for age and development of groups.
- ✓ Activities have a learning outcome with a survival basis.
- ✓ 'Humpty Dumpty's' not 'Catch a Baby' taught.
- ✓ Supervision taught to parents.
- ✓ 'Stop Go' and 'Too Far' policies.
- ✓ Calm, relaxed environment for both parent and child.
- ✓ 'No Clothes Swimming' in Infant program.



Information & resources

- ✓ Swim School newsletters every term.
- ✓ Safety Weeks for all levels every term.
- ✓ YMCA resources:
 - ✓ 'What parents need to know' safety information sheet during Safety Weeks.
 - ✓ YMCA aqua baby homework and helpful hints.
 - ✓ YMCA flotation devices: 'The good, The bad and The ugly' sheet.
- ✓ 'Laurie Lawrence Living with Water' DVD.
- ✓ SwimSAFER drowning prevention awareness - how to keep your child safer in, on and around water.
- ✓ SwimSAFER lanyards.
- ✓ Utilizing RLSSA and Surf Lifesaving Association information.
- ✓ Emergency action plan information.
- ✓ Providing CPR training courses for parents.



Progression-Perception

- ✓ Progress was slow at first with some parents seeing safety week as a waste of a lesson.
- ✓ By providing accurate information on drowning statistics and true life stories.
- ✓ Drowning awareness increased and the "it can't happen to me" mentality subsided.
- ✓ Feedback forms indicated that more parents wanted to be educated and craved more information.
- ✓ Respect for our Aquatic Educators grew, parents asking for advice for scenarios outside of lessons.
- ✓ Take action! Assuming education and knowledge is there is not enough.



YMCA Sydney and Learn to Swim



Endorsements



Tracey and her team of swimming teachers have been very successful in helping our boys gain confidence in the water, as well as teaching them to be safe.

The swimming teachers have all shown a good understanding of Autism and they are calm, caring and compassionate when dealing with our boys. We are very grateful for all you've done for our boys.

Yours faithfully
Elle Nash
Teacher at Aspect (Autism Spectrum Australia)

rainbow club australia inc
RCA's (Rainbow Club Australia) relationship with YMCA has always been supportive and productive. Feedback from the families of the children swimming with the program is positive, with many commenting on the professionalism and friendliness of the instructors.

I am writing to express my thanks to all the swim school staff and in particular Tracey Ayton for the great assistance they have given me with my son James.

Swim School Parent following a near drowning incident

Awards for Cook + Phillip Park Aquatic and Fitness Centre

Austswim Teacher of Infants and Preschool NSW Year 2006 and 2007-Tracey Ayton

Swim Australia Supporter Award for SwimSAFER contribution- Personal Award Tracey Ayton

Taskforce team member, Swim Australia SwimSAFER Leadership Taskforce Team – Tracey Ayton