

Eliminate Child Drowning this Summer

The Barwon Division of General Practice is supporting the Royal Life Saving Society of Australia's campaign to prevent children from drowning this summer.

According to the Royal Life Saving Society of Australia, over 35 Australian children under the age of 5 drown every year.

In an effort to prevent further tragedies in this region, the Barwon Division is urging people to heed the advice of the Royal Life Saving Society and make this weekend their HOME POOL SAFETY WEEKEND.

As the cooler weather makes way for summer, now is the time to be making sure swimming pools are safe places to escape the heat.

A copy of the Home Pool Safety checklist can be downloaded from the Royal Life Saving Society (Australia) website. Visit www.royallifesaving.com.au

The checklist considers the following elements essential to keeping your child/ren safe.

Swimming Pool Gate:

- Must open outward from the pool
- Latch must be more than 1.5m from the ground
- Must be self-closing and self-latching

Swimming Pool Fence:

- Secure and in good working order
- No more than 100mm from the ground
- Should be at least 1.2m high
- No vertical gaps more than 100mm apart

Around the Swimming Pool Fence:

- Pool aids and toys should be stored securely and out of view
- Objects that could be used to climb the fence should be removed from the area

Emergency Preparation:

- It is important to have up-to-date CPR and First Aid skills especially when living in a rural environment where travel times for ambulances can be longer.

The Northern Inland Community College is running accredited CPR courses:

Narrabri:

Kidicare -Basic First Aid and CPR - Saturday 24th October 2009 -
CPR - Wednesday 11th November 2009
CPR - Saturday 12th December 2009;
Phone 6792 6196

Contact www.communitycollegeni.nsw.edu.au

Register for Home Pool Safety Updates

Register your details with www.royallifesaving.com.au to:

Media contact:

Dr Grahame Deane, BDGP Chair/Medical Director, 0428 262 423



- Keep updated regarding the Home Pool Safety Campaign
- Receive further Water Safety and Home Pool Safety Information
- Obtain the Royal Life Saving SuperVision Newsletter.
- Remember that **SUPERVISION** is the best insurance

Media contact:

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