

## 5 Water Safety Tips

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Here are some tips supplied by the NT Water Safety Advisory Council to help keep you safe in and around water.

### Whenever you are in, on or around the water, remember:

- Always swim with another person.
- If you see someone in trouble in the water, get help quickly.
- If you are in trouble in the water:  
stay calm;  
float on your back; and  
wave one arm for help.
- The better you swim, the more fun you can have, so start taking lessons today.
- Listen to the lifeguards.
- Check how deep it is before you dive in.

### At Home remember:

- Shut the pool gate.
- Always enter the water safely.
- Don't push people into the pool.
- Don't leave toys in the pool, they attract young children.
- Empty all buckets, and paddle pools after playing.

### At the Swimming Pool remember:

- Obey signs giving advice to swimmers.
- Listen to the pool lifeguards.
- Stay away from the deep end, unless you can swim well.
- Check for swimmers before jumping in.
- Play safely.
- Do not run around the pool edge.

## At a River or Lake remember:

- Always swim with a grown up.
- Beware of slippery banks.
- Check the water before entering.
- Check that it's safe before diving.
- Beware of boats.
- Read and obey signs.

## At the Beach remember:

- Swim between the red and yellow flags.
- Swim with another person.
- If the sea is too rough don't go in.
- Listen to lifeguards.
- Obey all signs.
- Take a bottle of vinegar with you (to treat box jelly fish stings)

### **Never**

- Never swim at unpatrolled beaches
- Never swim at night
- Never swim under the influence of alcohol
- Never run and dive into the water
- Never swim directly after a meal

### **Always**

SLIP, SLOP, SLAP, WRAP !

## On the farm or in the bush remember:

- Swimming in dams can be dangerous.
- Always swim with a grown up.
- Beware of slippery banks.
- Check the water before entering.
- Check that it's safe before diving.
- Beware of boats.
- Never swim in water tanks.
- Don't swim near pumps.
- Reach to rescue.

## 6 What's on offer from organisations

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Aquatic organisations and key water safety awareness stakeholders have included ideas on what they may be able to offer your school or organisation. Give them a call to see what can be organised.

Also check out the water safety website for a calendar of events especially for Water Safety Week.

### Water Safety Branch

water  
safety

Address: GPO Box 4621 Darwin NT

Website: [www.watersafety.nt.gov.au](http://www.watersafety.nt.gov.au)

Email: [watersafety@nt.gov.au](mailto:watersafety@nt.gov.au)



**Pool Fencing Legislation** - advice is available from the Branch and officers are available to give talks to school or community groups about the importance of pool fencing or about the legislation.

**Free Water Safety Awareness Program** - Free water sessions and a resuscitation session is available to families with children under five. Registration forms for this free program are available from the Branch.

**Website information** - The Branch maintains the website for Water Safety with the aim to promote activities and resources and support for the community from aquatic stakeholders within the territory.

**Water Safety Week** - The Branch supports and promotes activities for water safety week.

## NT Water Safety Advisory Council



NT Water Safety Advisory Council - the Water Safety Branch is the home of the Northern Territory Water Safety Advisory Council which is made up of aquatic stakeholders and Government departments. The vision of the council and the Water Safety Branch is to reduce the number of drownings and drowning related incidences within the Northern Territory.

**Training** - The Branch is also involved in promoting water safety training for people in remote communities.

**Education** - The Branch produces publications to help maintain public awareness about water safety, check out the website for a list of all the publications available to you.

**Boof the Barra** - The Water Safety Branch is the home of Boof the Barra contact the Branch for more details.

If you are interested in any of the above please contact the Branch to see what is available.

**Darwin Sailing** - Included are some Junior Sailing Opportunities

**There are limited free sailing sessions especially set for Water Safety Week. Register your school with the Water Safety Branch to be eligible for a free session.**

### **Sailing for School Groups**

Secondary schools - PE & outdoor education and camps

Primary schools - come & try sessions

### **Teams Racing for Secondary Schools**

An exciting discipline for competent boat handlers, schools can enter teams of 6 (3 skippers, 3 crew)

### **Wet Season Introduction to Sailing**

Min. age: 8

Cost: \$165 for 6 sessions

Venue: Cullen Bay Marina

Dates: Saturdays Feb. through to Easter

1 and a half hr Sessions begin 9am

Max. no. Of students per session - 6

### **School Holiday Programs**

Min. age: 10

Cost: \$350 per week; \$75 per day (lunches provided)

Venue: Darwin Sailing Club

Date: Easter, mid year & October holidays

After School Sailing Terms 2&3

Min age: 8

Tues. (race coaching for experienced) & Thurs. (novice) 4.pm - 6.30pm

Venue: Darwin Sailing Club

Cost: \$18.50 per session

### **Youthsail 2005**

Conducted by Yachting NT

Provides an opportunity for competent & expert racing sailors to receive coaching from national & state coaches.

Participants must hold a Better Sailing 3 certificate

Cost: TBA

Date: TBA

**Yachting Australia certificate courses** for juniors & seniors

Basic Skills Level 1 & 2; 4 courses per year commencing April

Min. age 10

Cost: \$90 per level ( 3 x theories, 3 x practicals)

**Social**

The Darwin Sailing Club has an active Junior Committee

Enquiries - Jenny Simondson 0417818257

(Further contact details listed in the back of this book)

## Dragon Boat Northern Territory



Dragon Boat Northern Territory wishes to extend an invitation to any interested school or community group looking to become involved within the fastest growing sport in the Northern Territory.

Come and Try Sessions have been especially set for Water Safety Week.

Dragon Boat has 150 enthusiastic Paddlers distributed amongst five affiliated clubs:

- The Arafura Dragons Paddlers Club
- Bayview Sundragons Club,
- Dragons Abreast,
- Gove Dragonflies and,
- Kununurra Dragon Boat Club.

All Affiliated clubs have regular **Beginner training times** as well as competitive paddling for national and international events.

A great amount of time is invested within our junior paddlers as we firmly believe this is where our sport will prosper and grow.

Training is performed by our accredited Coaches with a great emphasis put on Safety in the water.

We have regular sponsored corporate days throughout the year, inviting both corporate teams and school groups to participate within our sport and ensuring a level of participation that will harbour growth within Dragon Boating.

DBNT have eight Dragon boats available, spread out across our five affiliated clubs with paddles and safety equipment including Epurbs and life jackets.

Those wishing to participate in these and other events please feel free to contact DBNT Direct or any of our following affiliated clubs:

**Dragon Boat Northern Territory Inc**

President: Mr Peter Remfrey

PH: 0400 179 315

Secretary: Ms Sharon Scurr

PH: 0423 212 134

[www.dragonboatnt.org.au](http://www.dragonboatnt.org.au)

**Arafura Dragons Paddlers Club**

President: Ms Linda Shepherdson

PH: 0411 623 434

Secretary: Ms Prue Brown

PH: 08 8999 5071

Website: [www.arafuradragons.com.au](http://www.arafuradragons.com.au)

**Bayview Sun Dragons  
Dragon Boat Club**

President: Mr Ewan Hall

PH: 0439 847 210

**Kununurra Dragon Boat Club**

President: Mr Bill Hasted

PH: 0407 681 885

Secretary: Ms Kimberley Kohan

PH: 0407 497 658

**Gove Dragonflies Dragon Boat Club**

President: Mr Nick Headstrom

PH: 08 8987 1971

Secretary: Ms Colleen Gibsone

PH: 08 8987 1789

**Dragons Abreast Dragon Boat Club**

President: Michelle Hanton

PH: 0418 898 082

## Marine Safety Branch



**Northern Territory Government**  
Department of Infrastructure, Planning and Environment

Location: 66 The Esplanade Darwin 0800  
Postal Address: PO Box 2520 Darwin 0801  
Email: [marinesafety@nt.gov.au](mailto:marinesafety@nt.gov.au)  
Phone: 08 8999 5285  
Fax: 08 8999 5300  
Website: [www.ipe.nt.gov.au/whatwedo/marinesafety/index.html](http://www.ipe.nt.gov.au/whatwedo/marinesafety/index.html)

### Activities

Kids n Boat  
Teacher training, support and advice.

### Resources

Marine Safety Activity Book aimed at ages 5 to 9.  
Pamphlets and stickers about boating and marine safety.  
Grab bag - promotion bag full of safety equipment for vessels under 5m.  
Marine creature display.

### Programs

**Kids n Boats** program provided by the Marine Safety Branch is aimed at school children from Pre School to Primary School children. The aim of the program is to educate the younger school children in the use of safety equipment on boats.

**Children aged between 7yrs and upwards** - The program contains information and demonstrations on safety equipment and their uses. The aim is for children to obtain knowledge of the safety equipment required to carry on vessels and how to use this equipment. A demonstration of pyrotechnics after the classes will be held.

**Under 7 yrs** - There is a special program for the younger ones less than 6 years, which includes safety equipment demonstrations and identifying various sea creatures. This is an interactive program where children identify the creatures and then place them on a felt board in the area where they live.

For the older students additional information regarding fuel and overloading of vessels will be covered.

**Kids in Boats** is also available as an online resource and is for students in primary school (certain sections can be applied to secondary students as well). The materials are provided as web pages for online use and as PDF files for downloading and printing for use in the classroom. The resource provides six themes related to Kids in Boats and a series of activities including a student survey to establish prior experience. For further details about the online program check out the website:

**[www.safeboating.org.au/Boating/Kids\\_in\\_Boats/index.asp](http://www.safeboating.org.au/Boating/Kids_in_Boats/index.asp)**

Topics include:

- Boats now and then
- Time and tides
- Before and after
- Water water everywhere
- In the swim
- Safety saves lives
- Water sports
- Staying afloat
- Marine pollution
- Boat race game

## Surf Life Saving Society NT



**The life of the beach.**

Location: Ground Floor, Sports House Fannie Bay.  
Postal Address: PO Box 43096 Casuarina NT 0811  
Email: slsnt@austarnet.com.au  
Phone: 08 8941 3501  
Fax: 08 8981 3890

### **Telstra Beach to Bush Surf Safety Program**

The Telstra Beach to Bush Surf Safety Program offers school-age children in regional areas an introduction to surf lifesaving by utilising local waterways and surf lifesaving equipment. Classroom based surf safety lessons are delivered by a number of knowledgeable facilitators. The programs have been run in schools in remote locations in an attempt to increase awareness of the risks associated with the surf and local waterways, as well as ways to minimise these risks. These areas have generally been disregarded in the past in terms of the delivery of surf safety programs due to their distance from the beach. However, statistics show that people who live over 50Km from the beach make up a large percentage of drownings. Programs such as the Telstra Beach to Bush are now being run in an attempt to lower this figure.

While Telstra Beach to Bush focuses primarily on beach safety, it also touches upon general aquatic safety skills to ensure children are safe in their own backyards.

### **A response from one of the schools visited:**

*"We learnt a lot from you about dangers in the water, rips, what to do in an emergency etc. we had lots of fun and are now much more aware of the beach and its dangers. Thanks a lot for including us in your explanations. The book on lifesaving, the posters and the showbags were fantastic! Just once again thank you very much for sharing your knowledge with us and for helping us get a better understanding of the beach."*

If you would like more information about the Telstra Beach to Bush program, or if you would like a group of trained lifesavers to come to your school give us a call.

## Kidsafe NT

Location: Rapid Creek Shopping Centre.  
Postal Address: PO Box 40596 CASUARINA NT 0811  
Email: Kidsafen@ozemail.com.au  
Phone: 08 8985 1085  
Fax: 08 8985 1025  
Website: [www.ozemail.com.au/~kidsafen](http://www.ozemail.com.au/~kidsafen)

### Activities

**Children** KidsafeNT offers talks/fun sessions aimed at preschool children, including colouring-in, songs, questions and answers, story time with water safety theme.

**Parents / Adults** Child safety talks aimed at NT parents/carers/wider community available, include a water safety component; talks may be tailored to specific issues.

**Cost** Via donation/availability limited.

### Resources

posters, articles/research papers/links within our library

Please note we are staffed part time and therefore bookings are recommended for student interviews regarding child safety and research projects.

## Royal Life Saving Society NT



Location: Ground Floor, Sports House Fannie Bay.  
Postal Address: GPO Box 1229 Darwin 0800  
Email: [nt@rlssa.org.au](mailto:nt@rlssa.org.au)  
Phone: 08 89 815 036  
Fax: 08 89 418442  
Website: [//nt.royallifesaving.com.au/](http://nt.royallifesaving.com.au/)

### **Royal Life Saving NT have activities especially for Water Safety Week which include:**

**Schools** - activities for primary school classes include various water activities using the Swim and Survival program

**General public** - Come and Try 'Life Saving as a Sport'.

**Preschools or Childcare services** - presentation/talks from instructors.

Topics include water safety messages and the importance of swimming and water safety in the community. Aquatic sessions can also be delivered.

*Check out the watersafety website events calendar for session times and details. Contact Royal Life and book early as spaces are limited.*

### **Activities**

Fun days, in term classes for schools, Sunday and Holiday life saving programs and Junior lifeguard programs.

### **Resources**

Aqua quizzes and books for upper and lower age levels.

### **Programs**

Swim and Survive programs and Junior Lifeguard Club

## 7 contacts

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### Organisation

#### **Water Safety Branch**

Contact: watersafety@nt.gov.au  
Ph: 1300 301 059

#### **Marine Safety Branch**

Contact: marinesafety@nt.gov.au  
Ph: 89995285

#### **Surf Life Saving NT**

Contact: slnt@austarnet.com.au  
Ph: 8941 3501

#### **Royal Life Saving NT**

lifeguard.  
Contact: nt@rlssa.org.au  
Ph: 8981 5036

#### **Kidsafe NT Inc**

Contact: Kidsafen@ozemail.com.au  
Ph: 8985 1085

#### **Goldfish Bowl Swim School**

Contact: Goldfishbowl57@hotmail.com  
Ph: 8948 1000

#### **Darwin Sailing Club**

sailing.  
Contact: sailing@ais.net.au  
Ph: 8981 1700

#### **Alice Springs Swimming Centre**

Contact: Ph 89534633

#### **Alice Springs Swimming Club**

Contact: elmos@bigpond.net.au  
Ph 89522405

#### **Royal Life Saving NT- Alice Springs**

Contact: Petina Franklin Ph 89527890

### Core business.

Pool Fencing Act / Water Safety Education.

Safe boating & education.

Education & training.

Education & training, swimming and pool

Education, injury prevention & research.

Learn to swim for adults and children

Sailing & safety instruction and competitive

Fitness, swimming, aquatic activities.

Learn to swim and swimming training

Learn to swim and water safety education.

## Organisation

### **Parap Swimmig Pool**

Ph: 8981 2662

### **Palmerston Swimmig Pool**

Contact: palmerston@belgravialeisure.com.au

Ph: 8932 3474

### **Casuarina**

Contact: casuarina@begravialeisure.com.au

Ph: 8927 9091

### **Dragon Boat**

Contact: dragonboatnt@hotmail.com.au

Ph: 8936 5028

### **Nightcliff Aquatic Centre**

Ph: 8985 1682

### **The Rock Help NT**

Contact: Ph: 89410747

### **Water Polo**

Ph: 0404 809 1160

## Core business.

Fitness, swimming, aquatic activities.

Fitness, swimming, aquatic activities

Fitness, swimming, aquatic activities

Dragon boating.

Fitness, swimming, aquatic activities.

Canoeing, sailing & outdoor activities.

Water polo demonstration.

## 8 Websites

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### NT Water Safety

**Water Safety Branch**

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

**NT Water Safety Advisory Council**

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

**Royal Life Saving Society NT**

[www.nt.royallifesaving.com.au/](http://www.nt.royallifesaving.com.au/)

### Marine Safety

**NT Marine Safety**

[www.ipe.nt.gov.au/whatwedo/marinesafety](http://www.ipe.nt.gov.au/whatwedo/marinesafety)

**Kids N Boats**

[www.safeboating.org.au/Boating/](http://www.safeboating.org.au/Boating/)

[Kids\\_in\\_Boats/index.asp](http://www.safeboating.org.au/Kids_in_Boats/index.asp)

**Safe Boating**

[www.safeboating.org.au](http://www.safeboating.org.au)

### Other Water Safety Organisations

**Kidssafe NT**

[www.ozemail.com.au/~kidsafen](http://www.ozemail.com.au/~kidsafen)

**NSW**

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

**Victoria Play it Safe**

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

**Australian Water Safety Council**

[www.awsconline.com](http://www.awsconline.com)

**Surf Life Saving Australia**

[www.slsa.asn.au](http://www.slsa.asn.au)

**Water Safety New Zealand**

[www.watersafety.org.nz](http://www.watersafety.org.nz)

### Programs / Resources

**Swim and Survive**

[www.swimandsurvive.royallifesaving.com.au](http://www.swimandsurvive.royallifesaving.com.au)

**Wet paper**

[www.wetpaper.com.au/](http://www.wetpaper.com.au/)

**Keep Watch**

[www.keepwatch.com.au](http://www.keepwatch.com.au)

### Research

Karen Edmond's article on drowning in children, Medical Journal of Australia

[www.mja.com.au/public/issues/175\\_12\\_171201/edmond/edmond.html](http://www.mja.com.au/public/issues/175_12_171201/edmond/edmond.html)

Editorial on preventing drowning in children. Medical Journal of Australia.

[www.mja.com.au/public/issues/175\\_12\\_171201/pitt/pitt.html](http://www.mja.com.au/public/issues/175_12_171201/pitt/pitt.html)

## 9 Resources

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### **Marine Safety Activity Book**

This book contains fun activities, about boating and general water safety information for children 5 years old and up. The book is designed for teachers or parents to work through the activities with children to help teach important safety tips for boating and around the water.

For a free copy contact the Water Safety Branch or check out the website

**[www.watersafety.nt.gov.au](http://www.watersafety.nt.gov.au)**

### **Kids in Boats**

Online resource and is for students in primary school. The materials are provided as web pages for online use and as PDF files for downloading and printing for use in the classroom. The resource provides six themes related to Kids in Boats and a series of activities including a student survey to establish prior experience. For further details about the online program check out the website:

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### **Wet Paper -Publishers and Consultants**

Australian Primary and Secondary School Marine Studies Curriculum Materials  
Resources aimed at teaching children about safety and conservation of the sea.  
Readers, units of work and posters

Email: [info@wetpaper.com.au](mailto:info@wetpaper.com.au)

Web: **[www.wetpaper.com.au](http://www.wetpaper.com.au)**