

AquaFins founder, Mr Danny Ong is an aquatic educator who advocate strongly on aquatic safety since the day he was involved in this field. He strongly believes in spreading and educating water safety message to the community. He echoes the zero drowning vision in the world through drowning prevention and water safety education.

Water safety begins with you. Do your part by reading our resources and help to spread this important message to your loved ones and friends. Together, we could increase more awareness on water safety and spread the important message that drowning is preventable.

In this safety page, the safety messages are divided into 11 parts.

<b>Water Safety is everyone's responsibility</b>	
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## Part 1 – Buddy system when participating sports

When an accident happened in a sport activity/event, you may not get help/assistance immediately especially when you are **ALONE**.

Never let this happen to you or your loved ones.

**Buddy up** when doing sport activity such as swimming, jogging, etc. This is a good practice not only for safety; it also create great community network for socialisation and companionship.

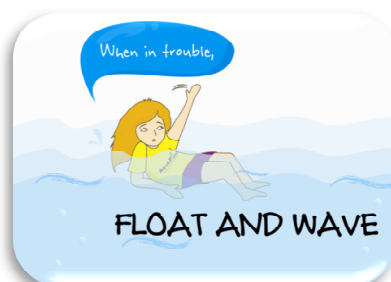
What are you waiting for?



***Buddy up to stay health and safe together***

## Part 2 – Aqua Code in, on or near water

Always apply the 3 simple aqua codes that could save your life and others. They are:-



### Part 3 – Water Safety at Home

Look around your home, can you find any water body that can be dangerous to your little ones? You just need a depth of 2 inches deep of water to drown an unsupervised toddler.

Do our part by keeping our home safe for our loved ones and friends.

1. Never leave any child unattended in the bathroom or tub with water.  
Not even a second to pick phone call, answer the door bell or even getting a towel. *A child's life is more important while the rest can wait.*
2. Empty the water in pails, bath tub, basin and spa tub when not in used.
3. Closed up toilet bowl with a cover and toilet door when not in use
4. Fish pond and manmade water fountain should be out of reach to young children by netting or fencing up.
5. Washing machine cover should be closed and locked at all times and water should be drained away immediately after used.



### Part 4 – Water Safety at Pool

Pool is a great place for bonding, exercise and fun with family and friends. When having fun at the pool, one should always look out for potential danger and hazards around and in the pool. We will divide the pool safety message into 5 areas; they are public pools managed by Singapore Sports Council, private pools, condominium pools, private club pools and water playground.

The number 1 rules when engaging young children in water bodies is

**Active Adult Supervision**



### Public Pools

1. Always look out for other users in the pool when swimming or diving
2. Call for help when you see someone in trouble in the water
3. Evacuate from the pool and seek for shelter immediately when the lightning warning siren is on
4. **NEVER** dive into any pool depth less than 1.8m deep or when a NO DIVING sign is present.
5. Obey the pool rules and regulations
6. Obey instructions given by the Lifeguard / Guest Officer
7. Read and understand all the safety signs and messages in the pool
8. Report any broken tiles to the Guest Officer or the Lifeguard

### Private Pools

1. Ensure pool is being maintain regularly for the health of your loved ones and friends
2. Conduct regular check on pool tiles, pool system and pool surrounding for any hazard
3. Install self latch gate and fence to keep young children out of pool area
4. Install pool surveillance device to act as your 3<sup>rd</sup> level protection beside the gate and fence
5. Install emergency stop pump system next to the SPA pool
6. Never leave anyone unattended while they swim, buddy system is to be in place regardless of age and ability to swim
7. Never leave pool gate open and unlock
8. **NEVER** dive into any pool depth less than 1.8m deep or when a NO DIVING sign is present.

### Condominium Pools

1. Always look out for other users in the pool when swimming or diving
2. Call for help when you see someone in trouble in the water
3. Learn how to use the rescue aid if no lifeguard are present in these pools
4. **NEVER** dive into any pool depth less than 1.8m deep or when a NO DIVING sign is present
5. Obey the pool rules and regulations
6. Read and understand all the safety signs and messages in the pool
7. Report any broken tiles to security guard
8. Watch out for blind spot when supervising young children as not all pools are build in regular shape



### Private Club Pools

1. Always look out for other users in the pool when swimming or diving
2. Call for help when you see someone in trouble in the water
3. Learn how to use the rescue aid if no lifeguard are present in these pools
4. **NEVER** dive into any pool depth less than 1.8m deep or when a NO DIVING sign is present
5. Obey the pool rules and regulations
6. Read and understand all the safety signs and messages in the pool
7. Report any broken tiles to club management
8. Watch out for blind spot when supervising young children as not all pools are build in regular shape

### Water Playground

1. **Active adult supervision** is a must at all times
2. Always look out for other users in the playground when playing
3. Call for help when you see someone in trouble in the playground
4. Obey the playground rules and regulations
5. Read and understand all the safety signs and messages in the playground
6. Report any broken tiles or equipment to management
7. Take turn to play with the slide and ensure slide bottom is clear before sliding
8. Take instruction from the Safety Officer and obey their safety orders at all times
9. Watch out for blind spot when supervising young children as not all area are build in regular shape



## Part 5 – Water Safety at Open water

Open water such as sea, lake, and reservoir are great place for aquatic activities such as open water swimming or water sports such as canoeing and fishing. However, this great place can have potential danger as well. Let us learn to be safe in these areas.

1. Always inform your loved ones which beach or water sports you are going and what time you will be back
2. Always check out the weather condition <http://app2.nea.gov.sg/home> and also the tide height and time <http://app2.nea.gov.sg/home-lite/weather-lite/tide-information> before processing to any open water activities
3. Always read the warning and safety sign and messages around the beaches
4. Always buddy up when engaging in open water activities
5. Always swim parallel to the shoreline and not outward
6. Active adult supervision is a must when young children is engaging activities near, on or in open water
7. Call for help when you see someone in trouble in the water
8. Ensure you hydrate sufficient fluid before, during and after any open water activities
9. Get out of the water immediately and seek shelter when weather condition changes especially during a thunderstorm
10. Know your own limitation in term of swimming ability in open water
11. Learn to identify sea creatures and know the first aid treatment when begin stung by one
12. Learn the type of wave in the location and how to identify and survive a rip tide
13. Learn how to use the rescue aid if no lifeguard are present in these beaches
14. Put sun block and protective clothing whenever engaging with any open water activities
15. Put on a Personal Floatation Device (PFD) whenever engaging in water sports such as canoeing, dragon boating or fishing



16. Put on a Personal Floatation Device (PFD) for young children and person with special needs when they are playing at the beach or along the shoreline
17. Report any hazard site to the authorities, National Parks of Singapore at 1800 4717300.
18. Swim only within enclosed or guarded area if possible

## Part 6 – Safety Signage at Pool / Open water

Have you ever read the safety signage or messages at the pools/beaches before getting in especially for places you visited for the first time?

Never take these safety messages or signs for granted. They are there for a reason. These messages always share with you the danger around the place and also safety advice to be abided when engaging activities near, on or in the water bodies

If you have not done so, why not, start from today when you bring your loved ones to the pool/beach. Begin your day by reading the safety message as a family. Water Safety begins with you.



## Part 7 – Sun Protection Education

While some exposure to sunlight can be enjoyable, too much can be dangerous. Overexposure to ultraviolet (UV) radiation from the sun can result in painful sunburn. It can also lead to more serious health problems, including skin cancer, premature aging of the skin, cataracts and other eye damage, and immune system suppression. Children are particularly at risk. Experts believe that four out of five cases of skin cancer could be prevented, as UV damage is mostly avoidable.

1. Choose a sunscreen with advanced protection which provides you with powerful protection from both skin-aging UVA and skin-burning UVB rays
2. Apply the screen at least 30 minutes before outdoor activity
3. Avoid pro-long outdoor activity during the hottest period of the day, from 10am to 3pm
4. Put on protective clothing and shade such as cap in additional to sunscreen when having pro-long activities at outdoor or open water
5. Re-apply sun screen every 2 hours if one always dip in and out of water



Follow these 4 easy steps to keep yourself protected while enjoying outdoor activities.



**Before**



**Squeeze**



**Spread**



**Re-apply**

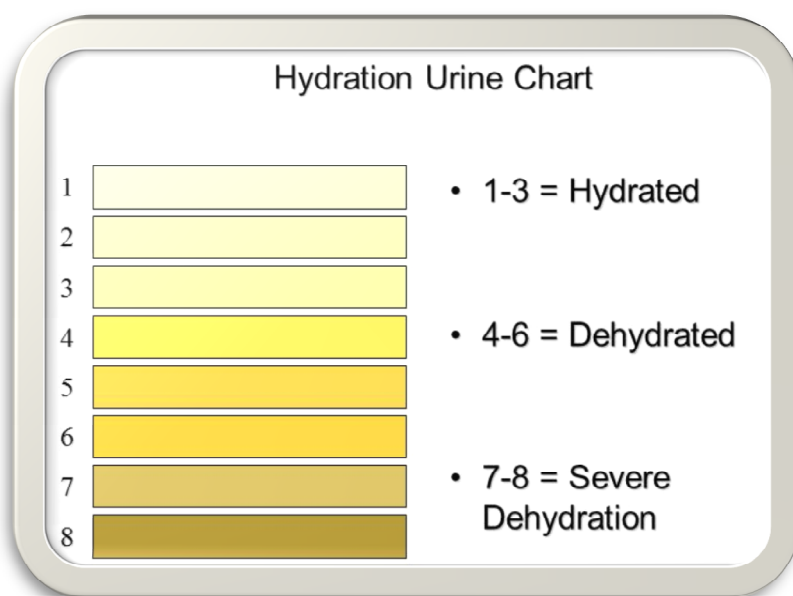


## Part 8 – The important of hydration during sport activity/event

Our body needs water to function. Water performs crucial roles in our body such as carrying nutrients to cells, helping to remove waste products from our major organs and helping to regulate our body's temperature. Studies show that dehydration affects our performance such as the ability to concentrate and physical movement. For more severe cases, it may lead to injuries or even death.

Therefore it is important for us to keep our body hydrated before, during and after all sports activities and events.

1. Have good practice of drinking water before, during and after during sports activities or events
2. Ensure young athletes hydrate themselves 30 minutes before commencing the activities and every 15 to 20 minutes during the activity
3. Teachers and coaches should in place mandatory water breaks during activities and games
4. Use the hydration urine colour chart as a good indicator if you are hydrated or dehydrated



## Part 9 – (Safety 3; Water Safety Message from USA)

The Safer 3 is a comprehensive initiative to dramatically reduce drowning incidents by:

- 1.) Recognizing risks associated with water related activities
- 2.) Implementing strategies to reduce and manage those risks
- 3.) Responsibly maintaining those strategies

The main concept of the Safer 3 is based on the definition of the word “Safe.” Safe means you are free from risk of harm or danger. When it comes to water, that simply isn’t true. There is always risk when you are in, on or around the water. The risk may vary in degree from very slight to very severe.

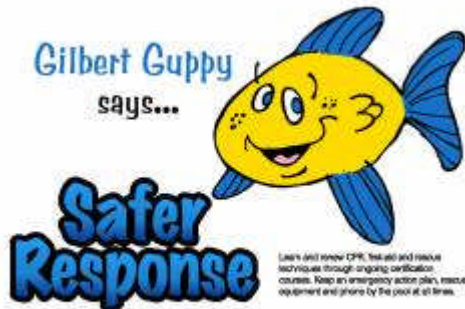
The letter “r” in the word “Safer” reflects that difference. Risk of drowning is found in 3 main areas; Water, a Person which we shall refer to as a KID, since we are all someone’s kid, and a Response that will become the last chance for saving a life.



Safer Water means identifying where the risks are with any body of water (bathtubs, pools, spas, lakes, rivers or oceans) and learning how to reduce those risks. For example installing barriers such as isolation fencing around a backyard pool would reduce the risk of unauthorized access to the pool by young children.



Safer Kids covers the behaviors necessary for both kids and parents to promote water safety. These water safety tips include constant responsible supervision by adults, along with swimming skills attained through ongoing qualified instruction for kids.



Safer Response overviews emergency response techniques and emergency action plans as a path to water safety. Learning cardiopulmonary resuscitation (CPR) and first aid, as well as having a phone by the pool at all times, are just a few of the water safety tips covered here.

Over time, we believe the Safer 3 will dramatically lower drowning incidents, possibly even eliminating unnecessary deaths altogether. With your help, we can realize that goal sooner rather than later.

Source: [www.swimforlife.org](http://www.swimforlife.org)



## Part 10 – The ABC of Pool Safety

The ABC of Pool Safety is developed by collaborative effort of fire departments, cities, counties and other drowning prevention organizations in the United State of America. The following notes are the ABC of Pool Safety.

### A = Active Adult Supervision

1. Assign an adult to supervise children in and around the swimming pool and spa. This is needed whether there is one parent or guardian present or numerous adults present such as during a family event or party.
2. Maintain constant eye-to-eye supervision with children in and around the swimming pool and spa.
3. Remove children from the swimming pool and spa area for any distraction such as a telephone call, use of restroom, etc.
4. Issue the adult supervisor an item such as a whistle, bracelet, etc. to reinforce which adult is in charge of the safety of the children.
5. Floaties or other inflatable flotation devices are not life jackets and should never be substituted for adult supervision.
6. Maintain a clear view (no trees, bushes or other obstacles) from the home to the swimming pool and spa.
7. Ensure any adult responsible for the children know the emergency services telephone number and also your location address in the event emergency personnel are needed to be called to the scene.

### B = Barriers

1. Have a fence enclosure that isolates your swimming pool and spa from the home, play areas, front and side yards and the neighbour's yard.
2. Make sure all gates in the isolation fence are self-closing and self-latching.
3. Multiple layers of barriers isolating the pool and spa from children should be installed. In addition to an isolation fence, one or more of the following safety features can provide the additional protection necessary:

- a) Approved swimming pool and spa safety cover
- b) Approved swimming pool and spa alarm
- c) Exit alarms on doors providing access to the swimming pool and spa
- d) Keep all doors and windows leading to the swimming pool and spa area locked
- e) Doors providing access to the swimming pool and spa equipped to be self-closing and self-latching with a release mechanism high enough to be out of the reach of a child.
- f) The man-door from the garage should be self-closing and self-latching with a release mechanism high enough to be out of the reach of a child
- g) Perimeter yard fence provided with a self-closing and self-latching gate

4. All chairs, tables, large toys or other objects that would allow a child to climb up to reach the gate latch or enable the child to climb over the isolation fence should be removed or kept inside the fenced area.

## **C = Classes**

1. Learn how to perform Cardiopulmonary Resuscitation (CPR).
2. See CPR Awareness Video on this website; or use the link on this website to the American Heart Association to sign-up for a CPR class or to purchase an at-home training kit.
3. Enrol your child in swimming lessons.
4. Use the link on this website to the YMCA to find a location for swimming lessons near you or contact your local city.

Source: <http://www.abcpoolsafety.org>

## **Part 11 – Useful Links**

<http://www.watersafety.sg/>

[http://www.ssc.gov.sg/publish/sports\\_safety/home.html](http://www.ssc.gov.sg/publish/sports_safety/home.html)

<http://www.watersafety.com.au/>

<http://www.nationalwatersafety.org.uk/>

<http://www.kidsalive.com.au/>

<http://www.swimforlife.org/>

<http://www.abcpoolsafety.org>

<http://ndpa.org/home/>

<http://www.joshtheotter.org/>

<http://www.bobber.info/>

<http://www.watersafety.org.nz/>