



Think Before you Jump

Risks associated with aquatic environments extend beyond the visible or obvious ones you might have identified in the slides. Each of us must accept personal responsibility for our own actions and ensure that we do not behave in a way that puts us or others at risk.

Think about: Peer pressure,
Feelings of invincibility, Understanding personal skill level,
Lack of swimming and water-safety skills, Ability to make sound judgements.

Discuss

What does each photo represents for water safety at the pool?

Example:

Forward Somersaults

- Are you at a local or condo pool, with set rules you must adhere to
- How deep is the pool
- Will you land on someone in the water
- Is the deck surface slippery
- What is the height you are jumping from
- How do you jump so you don't hit your head
- Are you setting a safe example to a potential younger follower
- Is this safe to do, or maybe not a good idea



Photos

- 1, Think before you Jump
- 2, Summersaults
- 3, Diving Board
- 4, Diving into a body of water
- 5, Pushing people in
- 6, Fun floatation equipment
- 7, Water bottle
- 8, Breath holding
- 9, Back flips
- 10, Night swimming
- 11, Rough play in the water
- 12, Mermaid tails or other equipment that would restrict you
- 13, Weather - Sun, rain, wind, haze and storms
- 14, Signs around the pool area
- 15, Lifeguard and safety equipment
- 16, Why should we always swim with a friend