

Procedures for Water Safety

Activities, excursions and incursions involving water, carry an increased risk, which needs to be considered beforehand. Some water activities will require a risk assessment form to be completed (see below), however all water activities should incorporate the following supervision and safety guidelines.

General Guidelines for Supervision and Safety

- Ensure the container holding water is not filled to a dangerous depth. Remember that children can drown in very shallow amounts of water.
- Ensure there is no equipment surrounding the water trough or other receptacle that a child could use to climb into the container holding the water.
- Ensure the water activity is always within direct eyesight of a staff member.

Is a Risk Assessment Form Required?

- If the activity is a part of the normal preschool program (such as water trough, buckets and paint brushes, watering cans), then no risk assessment form is required but increased supervision and awareness is required.
- If the water activity is a part of an excursion or incursion, then the risk assessment form will be completed as a part of the planning process for the excursion or incursion.
- If the activity is an unusual or irregular activity on the preschool or Junior Campus site, then a risk assessment form is to be completed prior to the activity and approved and signed by the Deputy Principal. Please note: a risk assessment for this type of activity needs to be completed every 12 months.

When temperatures are forecast to exceed 40 degrees review your extreme heat plan to ensure that you have appropriate strategies in place to keep staff and children safe and well. Please consider the strategies below and recommended information resources when developing your plans.

Tips to stay cool:

- **Keep hydrated** – make sure staff and children drink plenty of water.
- **Plan your day around the heat** – minimise outdoor activities and avoid being outdoors between 11am and 4pm and provide plenty of shade when outside.
- **Excursions** – utilise air conditioned transport and venues rather than out door excursions.
- **Soak** – provide cool showers, wet flannels/towels or water play to help children to cool down.
- **Be cool** – stay indoors and make use of fans or air-conditioners.
- **Rest** – make sure children get enough sleep, and can rest if they feel tired.
- **Eat fresh** – provide cold foods such as salads or fruit.
- **Dress down** – wear light weight clothing and be sun-smart.
- **Watch out** – know and be on the lookout for symptoms of heat related illness and exhaustion, including; nausea, dizziness, confusion, staggering, fainting, weakness, headaches, vomiting, heat rash, heat cramps and loss of sweating.

- **If staff or children show signs of heat stress call triple zero (000) immediately.**

Visit <https://www.health.act.gov.au/about-our-health-system/population-health/summer-safety> for further information on summer safety and tips on how to beat the heat. Further information can be sourced on the Emergency Services Agency website at: <https://esa.act.gov.au/cbr-be-emergency-ready/extreme-heat> and weather forecasts can be monitored at <http://www.bom.gov.au/>

The following link is a to resources regarding extreme heat, ways to mitigate heat related illness and how to identify heat related illnesses and first aid treatment if required.

<http://www.sunsmart.com.au/downloads/communities/sports-clubs/uv-exposure-heat-illness-guide.pdf>

If you have any concerns or your service is unable to remain open due to health concerns please contact CECA on 6207 1114.

Reviewed April 2021