

The OSCAR Water Safety Handbook



OSCAR activities in the water provide a great opportunity to relax, let off energy, build confidence and learn life-long behaviours to safely enjoy water-based recreation.

People can typically have quite different levels of experience, confidence and capability around water. We hope this information will help you to feel more confident, safe and certain about your supervision of water activities. We encourage you to freely discuss any of the information with your supervisor and staff colleagues and ask any questions in order to clarify your role and responsibilities during water activities.

Our Expectations of OSCAR Staff Supervising Children in the Water

- Follow all program rules and procedures for water safety: those in this handbook and also in our Water Safety Policy.
- Carry out all supervision duties diligently and professionally.
- Please talk to your supervisor if you have any concerns about supervising water activities or if your ability to supervise may be impaired in any way.

CONSTANT SUPERVISION IS VITAL IN OR NEAR WATER

- Be watching at ALL times
- Be able to provide IMMEDIATE assistance
- Children must be able to SEE and HEAR you - you must be able to SEE and HEAR them
- *It only takes 20-30 seconds to drown: Be in a position which enables you to SCAN the area within 10 seconds and begin effective RESCUE within 20 seconds*



Prepare for Water Activities

POOL EXPERIENCES CAN BE FUN AND QUITE MANAGEABLE, BUT SHOULD NOT BE UNDERTAKEN CASUALLY.

It is very important to PLAN before going to the pool	Have some fun activities to provide STRUCTURE
INTERACTION with swimmers is a key element of supervision	ANTICIPATE behaviour and ACT QUICKLY to get things back on track

Some Water Activities for OSCAR Time

Will it float?

Get each kid to bring in an item from home, and have a few big ones on hand to also include. Talk to about pool safety aids, then predict whether their item will sink or float. What are some other alternatives to traditional rescue aids?

Here are a few ideas to get started:



Make a Whirl Pool

Have all the participants run in a circle in the same direction. Once you get a whirl pool started encourage the participants to try to float.

Create a Rip

Create two whirl pools side by side to create a shoot. Participants can then have turns floating through the rip. This can lead into a discussion about beach safety.

What other games can you think of?

Trains	Stuck in the mud
Rob the nest	Simon says
Obstacle Course	Sea Horse (Noodle) relays

Almost any game you play on land can be adapted to play in a pool.

If you are trying a new activity, check with your supervisor first – polices and rules might need to be updated.