

Swim where you can easily stand up – no deeper than your thighs and make sure an adult is within reach.

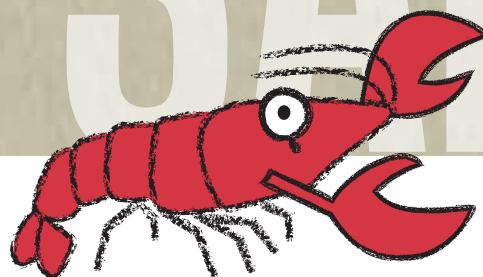
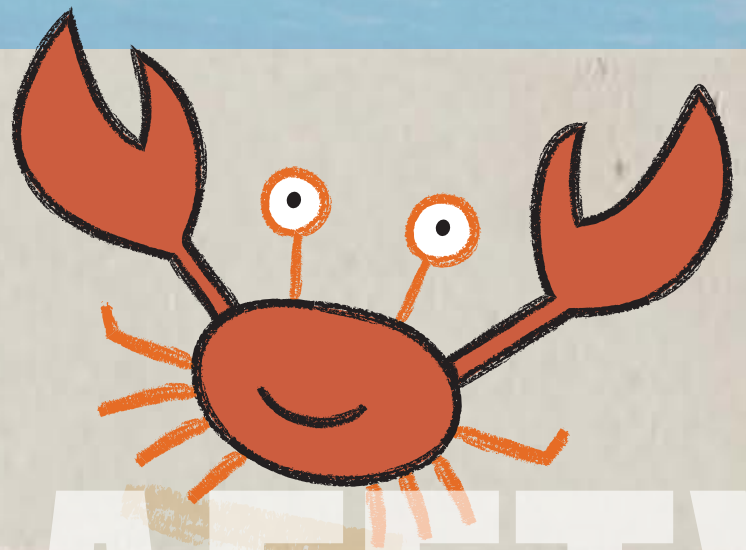
At a river or creek check the water depth around you with a stick or paddle.

When entering unfamiliar water, go in feet first and wade out slowly, and look for submerged objects by using a stick or paddle
.....
Never jump or dive into the water. Enter water slowly and feet first

Swim with a buddy and stay in arms reach
.....
Check the current by throwing a leaf or stick into the water to see the speed it travels.



TRY THESE SIX SAFETY TACTICS



STAY WITH ME



CURRENT



STAND UP

REMEMBER:
ADULT
SUPERVISION AT ALL TIMES



For further information about
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puggles

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WATER.**

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Swim
COACHES & TEACHERS
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