



WATER FAMILIARISATION

Q. What is water familiarisation?

A. Water familiarisation provides an opportunity to get your child involved in the development of aquatic skills and water confidence, while developing social, emotional, mental and physical skills in a safe environment.

Q. What is involved in a water familiarisation class?

A. Generally, water familiarisation classes will involve a small number of parents/carers with their child participating with an instructor who facilitates learning through fun, games, songs and activities.

Q. Why is water familiarisation important?

A. Involving your child in water familiarisation from 6 months of age can be fun and rewarding for both parent and child. It provides the opportunity for your child to become comfortable in an aquatic environment and provide the basis for future skills as they progress to learn to swim.

Q. How can I get involved in water familiarisation?

A. Visit your local pool and speak to the staff about the infant aquatics programs they have on offer or contact your local Royal Life Saving office.

Q. Why should my child undertake water familiarisation?

A. Royal Life Saving offers water familiarisation courses called infant aquatics. Undertaking an infant aquatics course is a great opportunity to learn some skills and bond with your child.

Royal Life Saving recommends that children undertake water familiarisation classes. These classes can commence from 6 months of age. From age 5 years onwards children can start swimming and water safety lessons (www.swimandsurvive.com.au). These classes are held at many local pools, and encourage confidence and water awareness, as well as respect for the water. Water familiarisation classes do not "drown proof" your child and as such are not a substitution for adult supervision.

By enrolling your child in a water familiarisation class you will help indulge their natural curiosity about water, and provide them with skills which will be the building blocks for future aquatic activity.

Water familiarisation is one of the four key messages of Royal Life Saving's Keep Watch toddler drowning prevention program. The other key messages are: Supervision, Fence Your Pool and Learn Resuscitation.

Royal Life Saving has developed a number of fact sheets on water safety issues in Australia. Contact Royal Life Saving on:

1300 RESQ ME
(1300 7377 63)

The most important thing about undertaking water familiarisation classes is that you and your child feel safe and secure

Water Familiarisation IS ABOUT CHILDREN:

- Having fun in the water
- Developing social skills through interaction with other children and between infants and parents/carers
- Developing trust with parents/carers and instructors
- Exploring the water
- Active participation
- Developing water confidence
- Learning water safety skills
- Learning how to move through the water
- Developing water confidence
- Developing independence

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