



## Water Safety Guidelines - at MDNSW Camps & Programs

### Supervision of swimming

Children and young people who participate in MDNSW Camps and programs need strict supervision when entering and when in the water.

All participants must be supported with a minimum of 1:1 carer support in the water. Some participants may require a carer plus a senior carer to support them in the pool. Additional supervisors will be observing from the pool deck.

Before working with participants, review their health/support plan &/or their Camp Application form as it provides information including:

- the participant's swimming ability (Camp Application form)
- their ability to understand and follow directions, including English as a second language students
- whether they require help entering and exiting the pool
- whether there are any further medical issues that supervisors should be aware of (eg. seizures)

Additionally, and as an example, participants with seizure conditions are particularly vulnerable in the water and require close supervision. Any participant with seizure conditions must have 1:1 supervision.

### Supporting swimmers

Physical support may be required in the water to enable some swimmers with a disability to make the maximum use of their abilities. Suitable flotation aids may be useful to aid buoyancy. Extra assistance must be given in full view of all and with the consent of the swimmer.

### Supporting a person at risk of seizure

- Ensure that the person at risk of seizures is supervised in the water.
- Never let a person living with seizures/epilepsy swim alone.
- Review Seizure/Epilepsy Management Plan if they have one.
- Understand basic seizure first aid procedures.

- If a person has a seizure, and you are unsure what to do, always call 000.

### **Hoisting access to pool**

Part of Camp preparation includes first checking that the pool hoist is in working order.

MDNSW provides an additional mobile hoist which is used to transfer participants from power wheelchairs to the pool hoist. The participant is then hoisted into the pool.

At camp:

- Senior carers will supervise each participant that is hoisted into the water. For this procedure, one carer should be in the water and another assisting to hoist the participant, while the Senior Carer provides instructions.

### **Summary**

- Note and follow the Pool Safety notices at the pool venue.
- Ensure that any participants with balance problems are offered assistance when walking on a wet poolside.
- Park wheelchairs parallel to the pool and ensure that the brakes are on.
- Be aware of swimmers who may have seizures. 1:1 spotters are required for people at risk of seizure/epileptics.
- Safety of swimmer and carer is of paramount importance. Ask for help if in doubt.

### **Training**

All staff and carers will have current First Aid training. A pool safety overview will be provided prior to camp commencement by the Camp Manager a Senior Carer. Additional instruction will take place at the poolside.