

# Drowning Can Happen Quickly



- 1) Keep children within arm's length.
- 2) Keep a lookout for children at all times.
- 3) Rest when unwell.

**Think Safe. Play Safe. Stay Safe.**



# Do The Physical Activity Readiness Questionnaire (PAR-Q) Before Exercise

**Are you Sports Safe?**

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

check: YES or NO

YES NO

1 Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? ☐ ☐

2 Do you feel pain in your chest when you do physical activity? ☐ ☐

3 In the past month, have you had chest pain when you were not doing physical activity? ☐ ☐

4 Do you lose your balance because of dizziness or do you ever lose consciousness? ☐ ☐

Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? ☐ ☐

Do you currently prescribe drugs (for example, water pills, blood pressure or heart medicine)? ☐ ☐

If you are over 45 years of age, and you are not used to being very active, check with your doctor.

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the questions on the PAR-Q. If you are unsure of the answers, ask your doctor. If you are over 45 years of age, and you are not used to being very active, check with your doctor.

- 1) PAR-Q helps to assess one's level of readiness for physical activity.
- 2) If you have answered YES in the PAR-Q, consult your doctor before engaging in physical activity.

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# Swim With A Buddy



- 1) Swim with a buddy or family members to help look out for each other.
- 2) Swim in a facility with lifeguards.

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# No Breath Holding



- 1) Avoid pushing one's limits.
- 2) No horse play.

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# Always Check Pool Depth

1.7m

NO  
DIVING



NO  
DIVING

BEWARE  
POOL  
DEPTH



BEWARE  
POOL

- 1) Use the pool ladders to get into the pool.
- 2) Do not dive into the pool.

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A photograph of a swimming pool area. The foreground is dominated by a wet, yellow-tiled deck that reflects light, indicating it is slippery. In the background, a swimming pool with blue water is visible, with several people swimming. The pool is bordered by a yellow wall and blue structural columns. A red banner is visible on the right side of the pool.

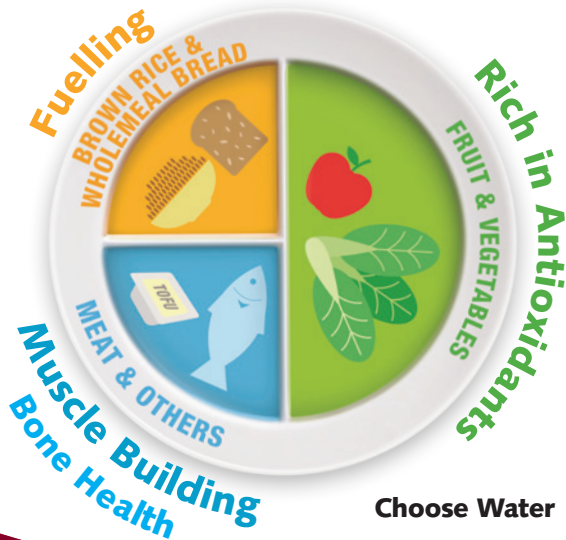
# Be careful of wet and slippery surfaces

- 1) Take your time and pay attention to where you are going.
- 2) Walk slowly, do not run .

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# Eat Right



Adapted from Health Promotion Board

- 1) Refuel with Carbohydrates.
- 2) Repair and build new muscles with Protein.
- 3) Boost immune system with Antioxidants.
- 4) Rehydrate with fluids and electrolytes.

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