

Exmouth Virtual Rottnest event a swimming success

The weather was perfect for the 2016 Swim to Rotto challenge organised by Swim WA and hosted by the Exmouth Pool.

Eight teams registered and two swimmers accrued laps prior to the swim. In total 54 swimmers participated and judging by the mood of people around the pool, enjoyed the day.

One standout was the various levels of swimming capabilities and fitness levels. You don't have to be an elite swimmer or be super fit to participate, all you need is a positive attitude and a group of friends willing to have a go. Thanks to Josh and his team at the pool for all their hard work making the event a success!

Team	Total Time
Wahoo	6hrs 19min
Awesome Foursome	6hrs 20min
Just Keep Swimming	6hrs 38min
Orcas	7hrs 4min
Mother Ducks	7hrs 5min
Team Koontz	7hrs 49min
Shire Sharks	7hrs 59min
Rockin It At Any Speed	10hrs 21min



FINISHED: Rockin' It At Any Speed celebrate finishing the race.
Image courtesy of bluemedial.



Want to improve the mental health of our community?

Register now for FREE mental health first aid training

Would you know what to do if you saw someone struggling or an adult came to you for help with a mental health issue?

What is the right thing to say? What professional help is available? What is the best way to access it?

Find the answers at Shire of Exmouth's **FREE** Mental Health First Aid Training.

Conducted over four evenings, you will learn from an accredited Mental Health Social Worker about how mental health problems develop including:

- Depression
- Anxiety
- Psychosis
- Substance Misuse

And about mental health crises including:

- Suicidal thoughts and behaviours;
- Non-suicidal self-injury;
- Panic Attacks;
- Traumatic events;
- Severe psychosis states;
- Acute effects from alcohol or other drug misuse;
- Aggressive behaviours

The training will be held on March 29 and 31 and April 5 and 7, 2016.

To find out more or register to attend, contact Amanda at the Shire on 9949 3021 or e-mail cdo@exmouth.wa.gov.au.

17 March 2016

Let's work together to keep your family safe in the water

Watch around the backyard pool...

In Western Australia domestic swimming pools are the most common site of drowning for children up to the age of five.

A massive ninety-four per cent of drowning incidents happen at a location in and around the home. Of that, thirty-one per cent occurred at a relative or neighbour's home. Most drownings occur where there is no barrier between the residence and the pool area or because the barrier is defective.

For this reason, any water body greater than 300mm deep must have a compliant barrier, this includes spas, inflatable pools and ponds.

Check your water depths and if they are greater than 300mm come and talk to the Building Services team at the Shire and we can let you know what you need to do to make it safe.

..and the town pool

The Royal Lifesaving Society has developed a water safety initiative to ensure all children using public pools are adequately supervised.

YOUR CHILD YOUR FOCUS PARENTS SUPERVISE – LIFEGUARDS SAVE LIVES.

The Paltridge Memorial Swimming Pool has supported this program by implementing the following policies and would appreciate your support:

1. The supervision of children in pools is NOT the sole responsibility of lifeguards. Lifeguards are employed on a 1:100 ratio, this means you are still responsible for the

direct supervision of your child. Don't ask the lifeguard to watch your child, it is not their responsibility. Remember, lifeguards are there for everyone, you are there for your children.

2. Children under 5 must be constantly supervised and are to remain within arm's reach of a parent or carer.



3. Children under 10 must be constantly supervised without any physical or structural barriers and must be in an appropriate viewing distance.

...and switch off the phone

With technology becoming the norm within our lives and the ability to check Facebook statuses on our phones it has been noticed that a lot of parents are scrolling through their phones while their children are in the water. Drowning is silent, if you are not watching your children you may miss when they need you the most.

Put the phone down and jump into the water with your children or sit and watch them. The sound of laughter and "Mum/Dad watch this" is better than the silence of drowning.

Newsletter delivery information

This newsletter is distributed to all PO Boxes in Exmouth, and is available for pick-up at the post office, shire offices and the Public Library. This newsletter and other information (for example grant information, upcoming events etc) can also be emailed electronically and via Exmouth Info. Send an email to cdo@exmouth.wa.gov.au to register your interest and let your friends know about this opportunity.