



In the swim: warm, sunny days call for pool checks

By Ilsa Cunningham

The Crouch family of Springwood are urging people to get their swimming pools checked to ensure they meet all safety requirements in preparation for the upcoming swimming season.

Pete and Carmel Crouch lost their third child Adam just a few days before his fourth birthday, when he drowned in a friend's backyard pool in October 2007. In 2010 they started the not-for-profit Adam Crouch Foundation in memory of their son, to save precious lives from drowning and save other families from heartbreak.

"Drowning can happen very easily," Mrs Crouch said.

She said supervising kids around water, ensuring the pool was fenced safely, knowing CPR, and being familiar with water was important.

"Register your pool — get on to it, to make sure the pool is safe and fenced. It's that time of year when kids get back and out there and things start happening."

Since October last year all local councils have been required to carry out regular swimming pool inspections.

This year the Adam Crouch Foundation partnered with Royal Life Saving Australia to roll-out the water safety program Swim and Survive, teaching four- and five-year-olds basic pool safety.

The program ran for the first time last semester at Springwood Aquatic and Fitness Centre, the final day of the 10-week program held on Friday.

The program, working with swim coaches,

teaches kids water safety awareness and skills like how to get to the side of the pool when fully clothed.

One of the Adam Crouch Foundation directors Peter Tracey said the kids were so much more safety-conscious after the course.

"When the course started kids were asked if a ball went into the water would they jump in after it and most said 'yes', and if a pool gate was open, would they walk through it," Mr Tracey said.

The foundation partially funded more than 300 enrolments in the Swim and Survive program and intends to run the program again next year following great feedback.

The Adam Crouch Foundation has been nominated for an award for most significant contribution to water safety with a focus on inclusive practices, at the NSW Water Safety Awards, to be announced in Sydney on Friday.

A free two-hour CPR course open to the parents of Learn to Swim course kids and organised by the foundation, will be held at noon on October 2 at the aquatic centre. Contact the aquatic centre for more information.

The foundation is also running a trivia night at Springwood Sports Club on October 11, with all funds going to the foundation for water safety awareness and community education.

Tickets are \$60 per person or a table of 10 for \$500, and are available by contacting Louise De La Harpe on 0438 493 960.

To register your pool go to: swimmingpoolregister.nsw.gov.au.



Water awareness: Pete and Carmel Crouch at the final lesson of the Swim and Survive program held at Springwood Aquatic and Fitness Centre, teaching young kids water safety awareness. The couple is also encouraging people to get their pools checked to ensure they are safe, as the weather warms.