Evaluation of the Pilot
*Keep Watch* Community Health Workers Water Safety Program

NSW Water Safety Taskforce
Acknowledgements:
Thanks go to all the workshop presenters, to the staff at RLSSA NSW Branch, and the Community Health Workers who participated in the evaluation.

Acknowledgement is made of the work of RLSSA staff who were involved in the development of the resources for the workshop, in particular RLSSA Western Australia Branch, for their work in developing a similar workshop for community health nurses in Western Australia.

The NSW Water Safety Taskforce is acknowledged for funding the pilot Keep Watch Community Health Workers Water Safety Program and its evaluation.

Images:
The Royal Life Saving Society Australia (NSW)
NSW Department of Tourism, Sport and Recreation

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Drowning of children aged 0-5 years is a well recognised public health risk in Australia. Key water safety messages and resources that target parents and caregivers of children aged 0-5 years have been developed by the Royal Life Saving Society Australia (RLSSA), in their Keep Watch program.

In NSW between 1992 and 2001, the Australian Bureau of Statistics (ABS) mortality data file identified 153 children aged 0-5 years who drowned. The NSW Water Safety Taskforce identified that a mechanism was needed to convey the Keep Watch message to parents and caregivers of young children and following the success of a similar program in another state, the Taskforce identified community health workers (CHWs) in NSW as a key group to facilitate the delivery of water safety information to parents and caregivers of children aged 0-5 years. A Keep Watch water safety workshop and a number of resources for CHWs were developed by the RLSSA and subsequently evaluated.

Across NSW 34 workshops were conducted between March and July 2003. The objectives of the program were to;

- Obtain a relatively high level of awareness of the Keep Watch water safety messages and water safety prevention strategies by CHWs in NSW;
- Estimate the number of clients with children five years of age or less who attended the Centres;
- Distribute Keep Watch water safety resources; and
- Develop a resource kit on water safety for CHWs and evaluate its effectiveness.

There were 461 CHWs from 31 workshops that participated in the evaluation, with very good response rates for the pre and post workshop questionnaires (94.4% and 96.5%, respectively) and a poor response rate for the final questionnaire (10.0%). In total there were 49 media items generated around the Keep Watch workshops between November 2002 and June 2003, with an estimated value of $45,176.52.

The CHWs were predominantly females (94%), aged 35 to 54 years who had a nursing background. The CHWs ranked water safety as the second most important health issue for children aged five years or less after child abuse.

The four Keep Watch water safety messages were identified by two-thirds of the CHWs in the pre workshop questionnaire indicating that many of the CHWs had either previously seen the Keep Watch messages before attending the workshops and/or were familiar with prevention strategies for toddler drowning. However, there were improvements in the recall of the Keep Watch messages following the workshop, especially related to learning Cardio Pulmonary Respiration (CPR) and fencing swimming pools.
The workshops were rated very highly by the CHWs, with nearly all CHWs (94.2%) reporting that the workshop met their expectations. Furthermore, almost all CHWs (97.5%) reported that they would recommend the workshop to other people in their profession.

The Keep Watch resources were also rated highly by CHWs, with the CHWs identifying a number of additional resources which would assist them to promote water safety, including videos, fact sheets, enhancing the water safety information in the Personal Health Record, and having water safety information available in languages other than English.

Just over half of the CHWs (52.9%) had suggestions about how to improve the workshop format, including having more time in the workshop, more audience participation, including CPR practice during the workshop (especially infant CPR), and more publicity advertising the workshop to CHWs.

In the last fortnight prior to attending the water safety workshop the CHWs estimated that they consulted with 13,302 parents and caregivers of children aged 0-5 years and just over half of the CHWs (53.9%) indicated that they spent half of their working day with the target group. Thus CHWs appeared to be an appropriate contact point to convey water safety information to parents and caregivers of young children.

The information provided in the workshops to CHWs, including the Keep Watch resource kit are appropriate for the audience and contained nearly all the information that CHWs reported requiring about water safety. Access to additional workshops, water safety information updates, and provision of additional resources related to water safety should be considered.

Recommendations include:

- Provision of the Keep Watch community health workers water safety program on a regular basis to CHW’s by RLSSA, NSW Branch (at least once every three years).
- An investigation be conducted into the feasibility of incorporating the Keep Watch community health workers water safety workshop into a larger program of workforce development for CHWs in NSW.
- Develop methods to update CHWs with new water safety information and resources as they become available.
- An investigation be undertaken of the feasibility of how water safety information could be highlighted in the Personal Health Record (‘blue book’).
- Provision of the Keep Watch messages in a video format for Centres, including languages other than English should be explored.
- Development of a range of fact sheets for use by CHWs on the common locations where young children drown (ie. baths, swimming pools, dams, general water safety around the home) that describe prevention strategies.
- Consideration be given to providing the Keep Watch resource materials in languages other than English.
Children less than five years of age currently have the highest incidence rates of drowning and near-drowning requiring hospitalisation in Australia (Mackie, 1999; Williamson et al, 2000).

Young children have long been considered a priority for reducing the number of drowning deaths in Australia (Pearn & Nixon, 1977). In 1998 the Australian National Water Safety Plan (NWSP) identified children aged less than five years as a key population group for intervention action (AWSC, 1998). Mirroring the recommendations in the NWSP, the NSW Water Safety Framework, 2001-2003 also identified children five years of age or less as a priority population group for intervention action (NSW Water Safety Taskforce, 2001).

Williamson et al (2002) recently described the characteristics of 82 drowning deaths of children aged five years and under in NSW between January 1995 to April 2001. This research identified common causal patterns leading up to the drowning event in different locations and made recommendations regarding education and awareness raising, current legislation and standards, and barriers preventing access to water. Recommendations were made in similar areas following a study of unintentional toddler drowning in dams in Victoria (Owens, 2002).

To combat the high drowning and near-drowning hospitalisation rate among children, Balanda and colleagues (1997) exposed the need for 'a comprehensive program focussing on the pivotal role of adequate pool fencing, but not ignoring the supporting role of toddler supervision, teaching toddlers to reach the edge of the pool if they fall in unexpectedly, and [the promotion of learning] cardio-pulmonary resuscitation' (pviii)
The Royal Life Saving Society Australia (RLSSA) developed Keep Watch, a program specifically aimed at preventing drowning in the 0 to 5 year age group. The program addresses the four key areas identified by Balanda et al (1997) of:

- Fencing (either enclosing the pool or restricting the child’s access to water);
- Supervision (direct or active supervision, where the parent or caregiver is within arms reach of the child when near water);
- Water familiarisation (the child can bring their head above water if they fall in and swim to the edge of the water body); and
- Cardio-pulmonary resuscitation (CPR) (learnt by the parent or caregiver).

In NSW between 1992 and 2001, the Australian Bureau of Statistics (ABS) mortality data file identified 153 children aged 0-5 years who drowned (ABS, 2002). The NSW Water Safety Taskforce identified that a mechanism was needed to convey the Keep Watch message to parents and caregivers of young children to help prevent children from drowning. Following the success in rural Western Australia of a community health nurse drowning prevention program (RLSSA WA, 2000), the NSW Water Safety Taskforce identified community health workers (CHWs) in NSW as a key group in the delivery of water safety information to parents and caregivers of children aged 0-5 years, due to their contact with parents and caregivers on a regular basis.

A Keep Watch workshop and a number of resources for CHWs in NSW were developed by the RLSSA. This report describes the evaluation of the impact of the Keep Watch workshops, the perceptions of CHWs of the quality of the resource materials provided, the local media coverage received, and the potential of Community Health Centres and Early Childhood Centres (Centres) in NSW to act as a contact point to distribute Keep Watch water safety information.
Currently in NSW there are 280 Community Health Centres and 500 Early Childhood Centres (NSW Health, 2001).

The CHWs water safety program was developed by RLSSA. The objectives of the pilot program were to:

- Obtain a relatively high level of awareness of the *Keep Watch* water safety messages and water safety prevention strategies by CHWs in NSW;
- Estimate the number of clients with children five years of age or less who attended the Centres;
- Distribute *Keep Watch* water safety resources; and
- Develop a resource kit on water safety for CHWs and evaluate its effectiveness.

### 2.1 Workshops

A small working group was established consisting of a representative from NSW Health and representatives of RLSSA who together established contact with centres in NSW interested in receiving the *Keep Watch* workshop and associated water safety resources. Contact with centres was initially established using email networks of NSW Health where centres were asked to nominate their willingness to be involved in the trial. Follow-up with centres was made by RLSSA NSW Branch officers who organised the delivery and timing of the workshops. Overall, 51 centres responded and a total of 34 workshops were conducted between March and July 2003.

The number of workshops conducted were less than the number of centres who responded as, in some instances, there was an opportunity to present the workshop to several centres in one location. The locations were chosen following demand from the centres and on the centre’s geographic location that corresponded to the RLSSA NSW five regional offices.

The locations where the workshops were conducted include:

- Auburn
- Blacktown
- Bowral
- Broken Hill
- Coffs Harbour *
- Dubbo
- East Gardens
- Fairfield
- Finley
- Gosford
- Green Hills
- Hawkesbury
- Hoxton Park
- Kempsey *
- Lismore
- Liverpool
- Mount Druitt
- Merrylands
- Miranda
- Narellan
- Orange
- Port Macquarie x 2
- Randwick
- Parramatta
- Ryde
- Springwood
- Strathfield
- Taree
- Tumut
- Tweed Heads
- Wallsend
- Warilla
- Young *

* Evaluation not carried out in these locations
2.2  Keep Watch resource kits

The Keep Watch resource kit included:

- Brochures and information aimed at parents and caregivers of young children outlining strategies to prevent drowning.

- A poster to promote discussion among parents and caregivers on drowning prevention strategies.

- The Keep Watch information manual (RLSSA, 2000a) which included:
  - Detailed background information to use as reference material for any educational seminars that CHWs might present to parent and caregiver groups and to the general community.
  - Tips on accessing the media – how to get public health-related messages across.

- A Keep Watch CD-Rom containing additional water safety information and resources (RLSSA, 2003).

- The Keep Watch audio cassette which describes the impact on families who have had a drowning or a near-drowning experience and promotes the Keep Watch water safety messages (RLSSA, 2000b).

The workshops were delivered by RLSSA staff, who were both experienced water safety and first aid trainers. The NSW workshops were based on workshops that had previously been delivered in Western Australia (RLSSA WA Branch, 2000). Each workshop consisted of a presentation on water safety for children 0-5 years, an examination of the materials available in the Keep Watch resource kits, and general audience participation. However, presenters were able to tailor the workshop format to their own style and the needs of the CHWs.

Prior to the delivery of the workshops, all the workshop presenters attended a training forum, where the workshop materials were distributed and explained. A generic workshop presentation was provided to the presenters (using Microsoft Powerpoint), which the presenters could modify to suit their individual styles and workshop requirements.
The **Keep Watch** CD-Rom contained:

- Electronic copies of the RLSSA brochures and posters on water safety for children aged 0-5 years, allowing centres to print these resources as required;
- The generic workshop PowerPoint presentation;
- A modified version of the **Keep Watch** website;
- Swimming pool ownership and resuscitation training data from the NSW Health Survey for each of the NSW Health Area Health Services; and
- Additional information on general water safety.

### 2.3 Local media coverage

RLSSA as part of its day-to-day activities collects media information that relates to water safety and RLSSA promotional activities based on key words. Key words for print media included: Bronze Medallion, Drowning, Junior Lifeguard Club, **Keep Watch**, Lifesaving, Water Rescue, Pool Fences, Royal Life Saving, Swim & Survive, Water Safety, Wet ‘n’ Wise. Key words for the broadcast media include Barra*, Bronze Medallion*, Drown*, **Keep Watch**, Life Guard*, Life Sav*, Lifeguard*, Lifesav*, Pool Fenc*, Rescue*, Swim and Surviv*, Water and Safe*, Wet and Wise (where * refers to all variation on the preceding letters). This process does not collect advertisements.

Print media related to the **Keep Watch** CHWs water safety program was collected and costed in dollar advertising terms.
2.4 Questionnaires

The questionnaires were designed by the working group, reviewed for appropriate wording and clarity of statements and the pre, post and final questionnaires were piloted with CHWs.

2.4.1 Pre water safety workshop questionnaire

The pre questionnaire collected information on CHWs demographics, CHWs perceptions of the importance of various public health issues for children aged 0-5 years, CHWs water safety knowledge, expectations of CHWs of the workshop, sources of information on water safety used by CHWs, formats that CHWs would like information on water safety, and information about the computer and other technology access that CHWs have available. The pre water safety workshop questionnaire can be found in Appendix 1 on page 37.

The pre questionnaire was presented to the CHWs upon their arrival at the workshop. Delivery was via several different methods including: handing it to the CHW as they entered the room, on their seats at arrival, and passed around before the presentation began. Generally, the pre questionnaires were collected before the workshop began. However, there were some instances where this was not the case, for example some CHWs arrived late to the workshop, and in these cases the pre questionnaires were not collected until the end of the workshop.

2.4.2 Post water safety workshop questionnaire

The post questionnaire collected information about the workshop, Centre reproduction facilities available for water safety brochures, knowledge of Keep Watch water safety messages, other suggestions, and information about areas of safety that CHWs would like similar workshops to address in the future. The post water safety workshop questionnaire can be found in Appendix 2 on page 38.

The post questionnaire was handed out upon completion of the workshop and collected before the CHWs left the workshop.
2.4.3 Final questionnaire

The final questionnaire collected information about use of the Keep Watch resources, particularly the Keep Watch CD-Rom, and retained water safety knowledge following the workshops. The final questionnaire can be found in Appendix 3 on page 40.

The final questionnaire, along with a reply paid envelope, were initially distributed 4-6 weeks following the completion of the workshop by RLSSA NSW Branch, to the contact person for the workshop at the various Centres. The contact person was asked to provide the CHWs who attended the workshop with the final questionnaire and the CHWs were to complete and return the questionnaire in the reply paid return envelope provided. Very few questionnaires were returned, and as a result about 3-4 weeks following the initial mail out of the final questionnaire the decision was made that where contact details were available (some of this information was collected by the presenters) the final questionnaire would be sent directly to the CHWs with a reply paid return envelope.

2.4.4 Presenter's questionnaire

The presenter’s questionnaire was completed by the presenter at the end of the workshop. The questionnaire collected information on who delivered the workshop, where and when it was delivered, the number of CHWs who attended, usefulness of presentation resources, and any suggestions for possible improvements to the workshop format or to the resources. The presenter's questionnaire can be found in Appendix 4 on page 42.

2.5 Data analysis issues

2.5.1 Missing values

Where questions within the questionnaire were incomplete or unanswered, the variable within the record was deleted from the analysis. This approach is called complete-subject-analysis and is a recognised data analysis technique to address missing information where complete data are a random sample of all of the participants in the study (Rothman and Greenland, 1998). Where possible the number of cases included in the analysis has been identified.
2.5.2 Classification framework

To enable analysis of the water safety messages recorded in the questionnaires, a classification framework was designed (Table 1). There were twelve categories identified as part of the classification framework, along with definitions and examples.

<table>
<thead>
<tr>
<th>Name</th>
<th>Definition</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervision</td>
<td>Relates to supervision, first aid, resuscitation</td>
<td>“Watch their kids”, “Supervision”, “Know where your child is at all times”, “Never leave alone”</td>
</tr>
<tr>
<td>CPR</td>
<td>Learning CPR, resuscitation, first aid</td>
<td>“CPR”, “Learn resuscitation”, “First aid course”</td>
</tr>
<tr>
<td>Flag</td>
<td>Swimming between the flags</td>
<td>“Swim between flags”, “Patrolled Beach”</td>
</tr>
<tr>
<td>Fence</td>
<td>Relates to fencing the pool or providing a barrier between the water and the child</td>
<td>“Make sure pools are fenced off, gate closed”, “Four sided fence”, “Always have pool fenced”</td>
</tr>
<tr>
<td>Gate</td>
<td>Refers to shutting the gate, latches, etc. Note: If gate and fence both mentioned at same time then included in fence</td>
<td>“Always check area first - eg gate closed”, “Safeguard child – gates etc”, “Close gates”</td>
</tr>
<tr>
<td>Swim</td>
<td>Relates to teaching children water familiarisation, swimming, etc</td>
<td>“Teach to swim”, “Water awareness lessons”, “Familiarisation”</td>
</tr>
<tr>
<td>Burn</td>
<td>Relates to messages about prevention of hot water burns</td>
<td>“Check water temperature”, “Monitor – heat of water”, “Correct temperature”</td>
</tr>
<tr>
<td>Area</td>
<td>This is when an area has been identified but no message</td>
<td>“Backyard Pools”, “Safety measures”, “Infants are very fast”</td>
</tr>
<tr>
<td>Empty</td>
<td>Emptying vessel</td>
<td>“Don’t leave water containers around”, “Don’t leave water in buckets”</td>
</tr>
<tr>
<td>Other</td>
<td>When they did not fit in the above classification</td>
<td>“Don’t panic”, “Keep them out of water”, “Sun protection”</td>
</tr>
<tr>
<td>No</td>
<td>The message was wrong</td>
<td>“Safety things like floaties”,</td>
</tr>
<tr>
<td>Missing</td>
<td>The person did not fill in this question</td>
<td></td>
</tr>
</tbody>
</table>

*TABLE 1: Classification framework for water safety messages*
A classification system was also designed for how CHWs reported obtaining water safety information (Table 2) and how CHWs reported passing water safety information onto parents and caregivers of children aged 0-5 years (Table 3).

<table>
<thead>
<tr>
<th>Grouped Classification</th>
<th>Classification</th>
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<tbody>
<tr>
<td>Books</td>
<td>Books</td>
</tr>
<tr>
<td>Brochures</td>
<td>Brochures, fact sheets, flyers</td>
</tr>
<tr>
<td>Dpt Sport and Rec</td>
<td>Department of Sport and Recreation</td>
</tr>
<tr>
<td>Health Agencies</td>
<td>Health agencies such as NSW Health Department, local hospital or public health unit</td>
</tr>
<tr>
<td>Internet</td>
<td>Internet</td>
</tr>
<tr>
<td>Kidsafe</td>
<td>Kidsafe</td>
</tr>
<tr>
<td>Local Council</td>
<td>Local Council</td>
</tr>
<tr>
<td>Media</td>
<td>Magazines, Media, Newspapers, TV/Radio</td>
</tr>
<tr>
<td>RLSSA</td>
<td>Royal Life Saving Society Australia</td>
</tr>
<tr>
<td>SLSA</td>
<td>Surf Life Saving Australia</td>
</tr>
<tr>
<td>Swimming pool</td>
<td>Swimming pool</td>
</tr>
<tr>
<td>Other</td>
<td>Austswim; courses; health promotion; journal articles; library; literature; other; Roads and Traffic Authority (RTA); St John’s ambulance; video; Waterways; workshops</td>
</tr>
</tbody>
</table>

*TABLE 2: Classification of how CHW obtain water safety information*
### Table 3: Classification of how CHW pass water safety information onto parents and caregivers of children aged 0-5 years

<table>
<thead>
<tr>
<th>Group Classification</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brochure</td>
<td>Brochures – CHWs would give away brochures/flyers/fact sheets to the interested person.</td>
</tr>
<tr>
<td>Internet</td>
<td>Internet – CHWs would provide the internet address for the interested person.</td>
</tr>
<tr>
<td>Phone</td>
<td>Phone – CHWs would give out the phone number where additional information can be found, such as RLSSA.</td>
</tr>
<tr>
<td>Photocopy</td>
<td>Photocopy – CHWs would photocopy existing information that they have on water safety (ie brochure, book extract, newspaper clipping, web pages, etc) and give it to the interested person.</td>
</tr>
<tr>
<td>Poster</td>
<td>Poster – CHWs used the poster to convey water safety information.</td>
</tr>
<tr>
<td>Refer</td>
<td>Refer – CHWs would refer the person onto another organisation or individual.</td>
</tr>
<tr>
<td>Verbal</td>
<td>1 to 1 – CHWs would talk to the client. Groups – CHWs would talk to groups about water safety, such as mothers groups. Verbal – CHWs replied that they passed the information on verbally.</td>
</tr>
<tr>
<td>Video</td>
<td>Video – CHWs would lend the video to the interested person or would play the video at their venue.</td>
</tr>
<tr>
<td>Other</td>
<td>Books – CHWs would loan the book or use information from the book. Journal Articles – CHWs would provide or use a journal article. Newspaper – CHWs would provide or use a newspaper.</td>
</tr>
</tbody>
</table>

## 2.5.3 Methodological issues

An effort was made to address all methodological issues encountered in the evaluation. However, three main methodological problems were:

- The pre questionnaire was not handed out at one of the workshops and only the post questionnaire was collected;
- Some of the pre questionnaires were not collected until the end of the workshop, which would have allowed CHWs to complete the questionnaire during the workshop; and
- Only a small number of the final questionnaires were returned.
Of the 34 workshops delivered, 31 workshops were used as part of the evaluation. Two workshops were too large to be able to successfully distribute and collect questionnaires in the time provided and for the remaining workshop the questionnaires were not available at the workshop.

There were 461 CHWs who participated in the evaluation of the 31 workshops. There were 435 CHWs who completed the pre workshop questionnaire, 445 who completed the post workshop questionnaire and 46 who returned the final questionnaire.

3.1 Pre water safety workshop questionnaire results
A total of 435 CHWs completed the pre water safety workshop questionnaire, giving a response rate of 94.4%.

3.1.1 Demographics
Almost all of the CHWs who attended the workshops were female (93.5%), with only 28 male attendees (6.5%). The majority of CHWs (73.8%) were aged between 35 and 54 years (Figure 1).

![Figure 1: Age group of CHWs (n = 427)](image)
The occupations of the CHWs were predominantly nursing-related and included; child and family health nurses (34.3%), community workers (including nurses and midwives) (18.4%), registered nurses (12.4%) and early childhood nurses (10.3%) (Figure 2).

3.1.2 Child health issues

The CHWs were asked to rank a number of child-related public health issues identified from 1 (most important) to 13 (least important). The average of all the responses were analysed and child abuse, water safety, burns, and vaccinations were identified as the most important public health issues for young children (Figure 3).

* It should be noted that a ranking of 13 does not mean that it is not important just that of the identified health issues it was ranked last.
3.1.3 Parents and caregivers of children aged 0-5 years

To examine the potential impact of the workshop with the *Keep Watch* target population, the CHWs were asked how many parents and caregivers who had children less than five years of age they saw in the last fortnight. Of the 78.9% of CHWs who provided a numerical answer greater than zero, CHWs stated that they saw 13,302 parents and caregivers in the last fortnight. On average, the CHWs saw 38 parents or caregivers of children five years of age or less in the last fortnight (Figure 4).

**FIGURE 4:** Percent of parents and caregivers with children 0-5 years seen in the last fortnight by CHWs (n = 343)
Many CHWs who attend the workshops spent a large proportion of their day with parents and caregivers of children aged 0-5 years, with just over half of the CHWs (53.9%) spending half of their working day with parents and caregivers of this age group (Figure 5).

**FIGURE 5: Percent of each day CHWs reported spending with caregivers of children 0-5 years (n = 369)**

### 3.1.4 Key water safety messages for parents and caregivers of children

As part of the pre water safety workshop questionnaire CHWs were asked in their view what were the key water safety messages for parents and caregivers of young children. The majority of CHWs (91.8%) identified supervision as a key water safety message. Other common messages identified by the CHWs were swim/water familiarisation (61.4%), CPR (56.2%), and fencing (47.6%) (Figure 6). Around two in every five CHWs (41.6%) identified water safety messages which were not one of the *Keep Watch* messages, for example ‘barriers to water safety’, ‘bath care – hot tap’, ‘slippery’, ‘be alert’, ‘depth of water for drowning’.

**FIGURE 6: Percent of CHWs who identified key water safety messages prior to the workshop (n = 425)**
3.1.5 Workshop expectations

Predominantly CHWs wanted information about water safety ranging from fundamental ‘basic information that mothers can follow’ to specific ‘age to commence learn to swim with babies, eg safe from infection from chlorine/water’.

The workers also wanted information about RLSSA, including an ‘awareness of current projects from Royal Life Saving/strategies or aides to teach parents’ and comprehensive ‘all water safety information available’.

There were some CHWs that attended the workshop to confirm their water safety knowledge ‘confirmation of knowledge’ and others that wanted resources – ‘brochures, statistics to support my education of parents/children re water safety’.

3.1.6 Water safety information

There were a large number of mediums and locations where CHWs reported seeking information about water safety. The most common locations were the internet, through brochures, the media, from health agencies or from RLSSA (Figure 7).

FIGURE 7: Where CHWs reported seeking water safety information (n = 396)
Predominantly CHWs at the workshops used brochures to pass information onto parents and caregivers who were interested in a particular health issue. Other methods of conveying information to parents and caregivers included photocopying materials, providing the internet address, through verbal conversations, referring to other groups, providing contact telephone numbers, providing videos and posters (Figure 8).

**FIGURE 8**: How CHWs pass information onto parents and care givers of children 0-5 years (n = 760)

1 CHWs were able to provide more than one method of passing information onto parents and care givers of children 0-5 years

### 3.1.7 First aid courses

The majority of CHWs reported that they either always (43.0%) or sometimes (40.0%) recommend that parents and caregivers of young children undertake a first aid course (Figure 9).

**FIGURE 9**: Percent of CHWs who recommend parents and caregivers of children 0-5 years undertake a first aid course (n = 435)

### 3.1.8 Computer access

The majority of CHWs (81.6%) reported that they had access to a computer at work, however only 20.5% had exclusive use of the computer (Figure 10).

**FIGURE 10**: Percent of CHWs with access to a computer (n = 430)
Of the CHWs who had access to a computer, just less than three-quarters (71.5%) had access to a CD-Rom on their computer (Figure 11).

**FIGURE 11: Percent of CHWs with access to a computer and a CD-Rom (n = 351)**

<table>
<thead>
<tr>
<th>Yes</th>
<th>71%</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>20%</td>
</tr>
<tr>
<td>Unsure</td>
<td>9%</td>
</tr>
</tbody>
</table>

Internet access was available though either work or home computer access to the majority of CHWs (88.3%), but only 43.6% had access to the internet at work (Figure 12).

**FIGURE 12: Percent of CHWs with access to the internet (n = 427)**

<table>
<thead>
<tr>
<th>Home</th>
<th>44%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work</td>
<td>13%</td>
</tr>
<tr>
<td>Both home and work</td>
<td>30%</td>
</tr>
<tr>
<td>Other</td>
<td>1%</td>
</tr>
<tr>
<td>No</td>
<td>12%</td>
</tr>
</tbody>
</table>
3.2 Post water safety workshop questionnaire results

A total of 445 CHWs completed the post water safety workshop questionnaire, giving a response rate of 96.5%.

3.2.1 Workshop quality

The majority of CHWs (94.2%) reported that the workshop met their expectations. The workshop was rated highly by the CHWs on all qualities, with the quality of the Keep Watch CD-Rom rating the highest (Figure 13).

Almost all CHWs (97.5%) reported they would recommend the workshop to other people in their profession and the majority of CHWs (83.2%) reported that the length of the workshop was ‘just right’ (Figure 14).

The majority of the CHWs (93.0%) reported that they would be able to use the water safety information provided at the workshop in their workplace either to inform parents and caregivers about water safety or to provide them with water safety resources, such as the Keep Watch brochure, or CD-Rom. A small percentage of CHWs (1.6 %) reported they would not use the Keep Watch water safety information as they did not have clients who were parents or caregivers of children aged 0-5 years.

FIGURE 13: Workshop quality rating (1 = Poor to 5 = Excellent) (mean and range)

FIGURE 14: CHWs rating of the length of the workshop (n = 435)
There were 85 responses on how to improve the workshop and the three most common (52.9%) included having more time for the workshop, more audience participation, and the availability of a video containing the water safety information. Other suggestions on improving the workshop and resources included:

- Larger print in the booklet
- Make available to parents and caregivers/mothers groups
- Have pictures of where children drown
- Time of day (earlier and not straight after lunch)
- Make brochures available in other languages
- Less paper work (i.e. no questionnaires)
- Include beach information
- Time the workshops going into summer
- Less talking and more audio visual material
- More statistics
- Shorter
- More publicity
- Speak louder
- Louder volume on audio visual equipment
- Slow talking down
- Reduce voice pitch
- Better venue
- Practice CPR
- Have actual scenarios
- Food (sponsored lunch)
3.2.2 Further information and resources

Further information and resources that CHWs reported they would like concerning water safety and young children are described in Table 4. Many CHWs reported they would like to be kept informed of any updates and new information and material as it became available.

**Further information and resources CHWs requested concerning water safety**

<table>
<thead>
<tr>
<th>Resource</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refresher in two years</td>
</tr>
<tr>
<td>Video</td>
</tr>
<tr>
<td>Updates of information/material</td>
</tr>
<tr>
<td>Information leaflets on safety equipment (eg floaties, life jackets)</td>
</tr>
<tr>
<td>Information about training/course availability</td>
</tr>
<tr>
<td>Brochures in other languages</td>
</tr>
<tr>
<td>CPR/First aid training (including infant CPR)</td>
</tr>
<tr>
<td>Detail brochures on specific issues</td>
</tr>
<tr>
<td>Stickers for blue book and children</td>
</tr>
<tr>
<td>Possible partnerships</td>
</tr>
<tr>
<td>Access to brochures</td>
</tr>
<tr>
<td>Cassettes</td>
</tr>
<tr>
<td>Posters</td>
</tr>
<tr>
<td>Fridge magnets</td>
</tr>
<tr>
<td>Key rings</td>
</tr>
<tr>
<td>Water safety near beaches</td>
</tr>
</tbody>
</table>

**TABLE 4: Further information and resources CHWs requested concerning water safety**

3.2.3 Reproduction facilities for water safety resources

Around nine in every ten CHWs (89.6%) reported they had access to a printer, predominantly a black and white printer (Figure 15). The majority of CHWs (96.4%) reported that they had access to a photocopier at work.

![Figure 15: Percent of CHWs with access to a printer (n = 435)](image)

Predominantly the CHWs (83.9%) reported that they photocopied health-related material (mainly brochures) for clients (Figure 16).

![Figure 16: Percent of CHWs who print and/or photocopy brochures for clients (n = 435)](image)
3.2.4 Water safety messages

In the post water safety workshop questionnaire, CHWs were asked in their view what the key water safety messages for parents and caregivers of young children were. The most common messages identified by CHWs were related to supervision (93.5%), learning CPR (68.4%), fencing (67.9%) and swim/water familiarisation (62.3%) (Figure 17).

Recall of all four Keep Watch water safety messages improved between the pre and post workshop questionnaires, with CPR and fencing improving significantly ($\chi^2=13.1$, df=1, $p<0.001$ and $\chi^2=34.7$, df=1, $p<0.001$, respectively).

FIGURE 17: Percent of CHWs who identified key water safety messages (n = 414)
3.3 Other health-related workshops and resources

Of the CHWs who attended the workshop, just over half (53.0%) reported that they would like similar workshops and resources for other safety-related areas (Table 5).

<table>
<thead>
<tr>
<th>Other safety-related areas identified by CHWs for future workshops and resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burns</td>
</tr>
<tr>
<td>Reuscitation</td>
</tr>
<tr>
<td>Vehicle safety</td>
</tr>
<tr>
<td>Bicycle safety</td>
</tr>
<tr>
<td>Boating and fishing</td>
</tr>
<tr>
<td>Poisoning</td>
</tr>
<tr>
<td>Electrocutions</td>
</tr>
<tr>
<td>Household safety</td>
</tr>
<tr>
<td>CPR</td>
</tr>
<tr>
<td>Driveway safety</td>
</tr>
<tr>
<td>Farm safety</td>
</tr>
<tr>
<td>Fires</td>
</tr>
<tr>
<td>First Aid</td>
</tr>
<tr>
<td>Playgrounds</td>
</tr>
<tr>
<td>Choking hazards</td>
</tr>
<tr>
<td>Falls</td>
</tr>
<tr>
<td>Surf safety</td>
</tr>
</tbody>
</table>

TABLE 5: Other safety-related areas identified by CHWs for future workshops and resources

3.4 Final questionnaire

In total there were 52 final questionnaires returned of which six were excluded because the person completing the form had not participated in the workshop, leaving 46 completed questionnaires (a response rate of 10.0%).

There were approximately 1,863 parents and caregivers of children aged 0-5 years seen by 233 staff (an average of 8 with a range of 2 to 83) at centres during the fortnight prior to CHWs completing the final questionnaire.

Just over half of the CHWs (51.7%) reported that they would like the workshops to be offered at least once a year (Figure 18).

CHWs in the final questionnaire rated the workshop highly (Figure 19). Specific comments from the CHWs regarding what they liked about the water safety resources were:

- The ease of access and visual nature of the resources – ‘ease of access to visual information in a visual manner’;
- Having the resources available – ‘Having the information at your finger tips’;
- Clarity and quality of the information – ‘Quality and clarity of information, ease of use’; and
- Clear and precise information – ‘audio also a bonus’, ‘Clear information that could be used and adapted to suit a variety of promotion/education needs’.
How often do you think the workshop should be repeated?

FIGURE 18: How often do you think the workshop should be repeated? (n = 29)

Worshop and resource quality ranking (average and range)

FIGURE 19: Workshop and resource quality ranking (average and range)
All 48 respondents reported receiving the *Keep Watch* water safety resource kit provided at the workshops, with over half (58.7%) reporting they had accessed the information on the *Keep Watch* CD-Rom prior to the final questionnaire arriving. Reasons for not accessing the information included not having access to a computer (52.6%), not enough time in the work day (36.8%) and had not accessed the information yet (10.5%).

Of the CHWs who accessed the *Keep Watch* CD-Rom, 59.3% were able to hear the auditory component, with just less than one-third (29.6%) either unable to hear it or the computer they were using did not have sound facilities (Figure 20).

There were a few comments from CHWs regarding what they liked least about the *Keep Watch* CD-Rom, which included:
- Not being able to access the sound; and
- Not having enough time to look through the resource material – ‘Just having time to sit and go through it’.

It was suggested that providing the resource material in different formats would be useful, for example audiovisual material such as videos or DVDs. This would allow water safety messages to be played in multiple settings, including centre waiting rooms.

Since receiving the initial *Keep Watch* resource kit at the workshop, some CHWs had requested that RLSSA provide additional brochures (19.6%), posters (8.7%), cassette tapes (4.3%), *Keep Watch* CD-Roms (2.2%) and videos (2.2%).

Just less than half of the CHWs (47.8%) reported that they would like a similar CD-Rom for other health-related areas, including:
- Burns
- Playground safety
- Farm safety
- Child restraints
- Road safety
- Bike safety
- Home safety
- Electrical safety

*FIGURE 20: Ability to hear auditory component on CD-Rom (n = 27)*
All 46 CHWs remembered the supervision *Keep Watch* water safety message. Almost all CHWs recalled learning CPR (94.4%) and fencing (90.9%) as *Keep Watch* messages, with just less than three-quarters recalling the swim/water familiarisation message (72.7%) (Figure 21).

**FIGURE 21:** Percent of CHWs who identified the *Keep Watch* water safety messages (n = 22)

CHWs reported that an improvement to the resources provided by RLSSA would be to make the water safety information available on video. Although some of the CHWs reported they did not have access to a computer, most had access to facilities to play a video. If the water safety messages were to be made available on video CHWs would be able to play the video in their Centre’s waiting room, as well as using the video as part of presentations and other health promotion activities.
3.5 **Presenter’s questionnaire**

The 31 workshops in the evaluation were delivered by seven RLSSA staff.

3.5.1 **Workshop quality**

Overall the quality of the workshop was rated well by presenters, with the quality of the resource material provided, and the overall success of the workshop being rated highly (Figure 22).

![FIGURE 22: Rating of quality of the workshop (mean and range)](image)

Generally, the rating of the enthusiasm of the CHWs by the presenter declined with the number of CHWs in the workshop (Figure 23). This result was not statistically significant.

![FIGURE 23: Rating of CHWs enthusiasm at the workshop and number of CHWs present (n = 29) (mean and range)](image)
3.5.2 Presentation format
Predominantly (87.1%), the presenter used both the PowerPoint presentation provided and the Keep Watch CD-Rom in combination during the workshop. However, in two cases, the PowerPoint presentation could not be accessed and the presenter only used the Keep Watch CD-Rom and in one case neither of these resources were used. There were five cases where the laptop computer was unable to present all the information on the Keep Watch CD-Rom and three workshops where the presenter did not feel the laptop computer was an effective tool for presenting information to the CHWs. These changes to the presentation format were distributed evenly among the seven presenters.

3.5.3 Workshop improvements
Suggested improvements to the water safety resource material by the presenters included adding some video footage, having the resources available in different languages (including video), and including sections for parents and caregivers, highlighting major water safety issues and/or themes.

The presenters considered the resource materials, the ability to play the community safety announcement (CSA), the interaction with the CHWs, group discussion during the workshop, talking with small groups of workers after the workshop, and the Keep Watch CD-Rom to be the best parts of the CHWs water safety program.

The presenters considered the room where the workshop was held, the time allocated to present the workshop, not being able to get things to work on the laptop computer, not having a wall to project the PowerPoint presentation onto, running out of resource materials, large group sizes, the late arrival of some CHWs to the workshop, and the time taken to complete the evaluation questionnaires as the worst parts of the workshop.
3.6 Local media coverage

There were 49 media items (including 44 print articles and 5 radio pieces) concerning the Keep Watch workshops generated between 13 November 2002 and 28 May 2003. The 44 print articles equated to $45,176.52 in dollar advertising. The articles extended from suburban Sydney to rural NSW and ranged from describing what was going to happen (Figure 24) to detailed water safety information (Figure 25). The local media coverage of this program was thought to be very good.

The dollar value for coverage received is calculated on the square column centimeters the story occupies in the paper (excluding heading) multiplied by the ad rate for each individual newspaper. Please note that this figure is an indication only.

Newspaper clipping – Great Lakes Advocate (Forster), 11/12/2002

**Water safety education**

COMMUNITY nurses in the region will be recruited to educate new parents and carers on water safety issues and infant resuscitation in a bid to reduce the number of accidental child drownings.

The education program, to be launched in February next year, will include a water safety workshop at the Forster Community Health Centre.

The centre will also be equipped with information and resource packages supplied by the Royal Life Saving Society of Australia, based on its Keep Watch campaign, for distribution to parents and carers. Nurses will conduct the sessions with the aid of the packages and a CD Rom which includes drowning statistics, water safety messages and a resuscitation chart.

FIGURE 24: Newspaper clipping – Great Lakes Advocate (Forster), 11/12/2002
Educating parents on child drowning prevention

Community nurses across NSW will be recruited to educate new parents and carers on water safety issues and infant resuscitation in a bid to reduce the number of accidental child drownings.

Minister for Sport and Recreation, Morris Iemma, announced today that the project, which is set to commence early next year, would involve 60 workshops targeting up to 274 community health centres across the State.

Each centre will be equipped with information and resource packages supplied by Royal Life Saving Society Australia, based on its Keep Watch campaign, for distribution to parents and carers.

Nurses will conduct the sessions with the aid of the packages and a CD-ROM which includes drowning statistics, water safety messages and a resuscitation chart.

Mr Iemma said nurses would also encourage parents and carers to undertake a free infant resuscitation information session, again run by Royal Life Saving Society in local areas.

This is the most extensive, face to face water safety program ever undertaken in NSW,” he said.

“A total of 83 children aged between 0-5 have died of accidental drowning in the past six years, and three times that number have been admitted to hospital because of near drowning,” Mr Iemma said.

“The vast majority of these incidents took place in the family home, and the lack of direct adult supervision was invariably a contributing factor.”

“We have to drive home the message that proper adult supervision of children around water is essential at all times,” Mr Iemma said.

The community education initiative follows the recent release of a NSW Water Safety Taskforce report into drowning deaths of 0-5 year olds over a six year period to April 2001.

It found:

* 40 per cent of children drowned in pools, 30 per cent in bathtubs and 15 per cent in rivers, lakes and dams
* Two year olds were the most vulnerable group, accounting for about a third of drownings, followed by one year old toddlers
* Male children are twice as likely to drown as females
* Babies less than 12 months most commonly drowned in the bath, whereas all other age groups most often drowned in swimming pools
* About 60 per cent of drownings occurred within the family home.

The number of Australian children aged five years and under who drowned last year was 25 per cent below the past five years average, but Mr Iemma said that safety messages had to be maintained.

“On average, one child under the age of five years drowns somewhere in NSW every four weeks in entirely preventable accidents,” he said.

“When you combine that with the fact that a new child is born in this country every two minutes, it is essential that we are vigilant about education.”

The program forms part of the public awareness and education messages promoted by the NSW Water Safety Taskforce, a partnership established by the Government in 2000 comprising peak water safety organisations such as the Royal Life Saving Society, and government agencies.

The Taskforce has committed $500,000 this year towards public awareness messages.

Dave Macallister, the CEO of Royal Life Saving NSW said the new education program would reinforce the four key messages outlined in its Keep Watch campaign.

“The messages are simple - supervise your child, familiarise your child with water, learn resuscitation and fence your pool,” Mr Macallister said.

The community nurse education program will be launched in early February 2003.

Discussion

Preventing drowning of young children has been identified as a priority in NSW (NSW Water Safety Taskforce, 2000). In order to facilitate the delivery of water safety information to parents and caregivers of young children, CHWs were provided with information to assist them to raise awareness of water safety issues with the target group.

Across NSW 34 workshops were conducted between March and July 2003. There were 461 CHWs from 31 workshops that participated in the evaluation. The pre and post workshop questionnaires were completed by the majority of CHWs (94.4% and 96.5%, respectively), however the response rate for the final questionnaire was poor, with only 46 questionnaires returned (a response rate of 10%). There were 49 media items generated around the Keep Watch workshops between November 2002 and June 2003, with an estimated value of $45,176.52.

The assumption that CHWs are an appropriate group to facilitate the delivery of water safety messages to parents and caregivers of children aged 0-5 years appears to be valid, with the CHWs who participated in the workshops reporting having contact with 13,302 parents and caregivers over the two week period prior to the workshop.

On average each CHW reported consulting with 38 parents and caregivers of children aged 5 years or less per fortnight with just over half of the CHWs (53.9 %) spending half of their working day with this target group. It appears that CHWs represent an excellent avenue for providing parents and caregivers of children aged 0-5 years with information about water safety.

Water safety for young children was acknowledged by the CHWs who attended the workshops as an important issue, with the CHWs reporting that water safety was the second most important issue for children aged 0-5 years behind child abuse.

In the pre workshop questionnaire, almost all of the CHWs (91.8%) were familiar with the Keep Watch water safety message of supervision as a key water safety message for parents and caregivers of children aged 0-5 years. Over half of the CHWs were also familiar with water familiarisation / swim (61.4%), and CPR (56.2%) as Keep Watch messages. However, less than half of the CHWs (47.6%) recalled fencing as a Keep Watch message. Immediately following the workshop, recall of all four Keep Watch water safety messages increased, with recall of CPR (56.2% to 68.4%) and fencing (42.6% to 67.9%) improving significantly.

That the four Keep Watch water safety messages were identified by two-thirds of the CHWs in the pre workshop questionnaire...
reveals that many of the CHWs had either previously seen the *Keep Watch* messages before attending the workshops and/or were familiar with prevention strategies for toddler drowning. Similarly when the CHW program was conducted in Western Australia, the evaluation also revealed that the CHWs knowledge of drowning risk and prevention strategies was high prior to attending the workshop (RLSSA WA Branch).

Improvements in the recall of the *Keep Watch* messages, especially related to learning CPR and fencing swimming pools, by CHWs in NSW is encouraging and shows that the workshops were successful in increasing the CHWs knowledge about drowning prevention and water safety for 0-5 year olds.

Many CHWs when asked what their expectations of the workshop were indicated that they wanted information and resources that they could provide to parents and caregivers on a range of water safety issues. Following the workshop a number of CHWs requested further resources (for example water safety brochures and posters) from RLSSA.
Providing water safety information on a CD-Rom was seen as a useful resource, with around three-quarters of CHWs (71.5%) having access to a computer with a CD-Rom at work. As not all CHWs reported having CD-Rom access, it would be ideal if resource material could be provided in other formats for the CHWs, such as videos. Also having water safety information available on the internet may be another option. However, less than half of the CHWs (43.6%) had access to the internet at work. Although, the internet was reported as the most common location where workshop participants reported seeking information on water safety.

CHWs indicated that they were predominantly seeking water safety brochures to pass onto parents and caregivers of children aged 0-5 years, but reported that they also conveyed information verbally and via photocopied material. Brochures are an easy avenue to provide additional information to parents and caregivers of young children about health-related topics that are not discussed in the consultation with a client, particularly where the brochure provides details about where to go for additional information.

Fact sheets were also seen by CHWs as a way of providing water safety information to a target group. Fact sheets based on the locations where young children drown (for example, baths, swimming pools, dams, general water safety around the home) and that describe the prevention measures for each environment would be a useful resource for CHWs. Ideally, the fact sheets would be in a format that would be reproducible by a black and white photocopier.

The child’s Personal Health Record (the blue book) was mentioned by CHWs as another possible method of making water safety information readily available to parents and caregivers of children aged 0-5 years. Every new parent in NSW receives a ‘blue book’ for their child which contains, along with immunisation information, a bullet point list of a number of age-related safety issues. Although some water safety information is already included in the ‘blue book’, an investigation of how water safety information could be highlighted should be undertaken.

The water safety workshops catered for a range of class sizes (4 to 41 CHWs) and were conducted over a range of time lengths, with the majority of CHWs (83.2%) reporting that the workshops were just right in length. The workshops were rated very highly by the CHWs, with nearly all CHWs (94.2%) reporting that the workshop met their expectations. Furthermore, almost all CHWs (97.5%) reported that they would recommend the workshop to other people in their profession.

Many of the comments around improvements to the workshops were around the food provided, the time of the day the workshop was conducted, and the length of time taken to fill in the evaluation questionnaires. However, just over half of the CHWs (52.9%) had suggestions about how to improve the workshop format.
These suggestions included having more time in the workshop, including audience participation, and having a video resource available. Other useful suggestions on improvements included making the resource material available in other languages, including CPR practice during the workshop (especially infant CPR), and more publicity advertising the workshop to CHWs.

CHWs reported in the final questionnaire that they would like to see the workshops repeated, with just over half (51.7%) requesting the workshops be repeated at least once a year. As the workshops provide an opportunity for CHWs to refresh their knowledge and familiarise themselves with new material about water safety, there is a need to make the workshops available on a regular basis with the information being provided by water safety specialists. Investigation of incorporating the water safety workshop into a larger program of workforce development opportunities for CHWs should be undertaken. In Western Australia the water safety workshops largely formed part of in-service training days for regional CHWs and there is no reason why a similar strategy could not be explored in NSW (RLSSA, WA Branch). As CHWs identified a number of other safety-related areas where they would like additional workshops and resources (see Table 5) the feasibility of also incorporating these issues into a professional development program for CHWs should be explored.
Conclusions and Recommendations

The information provided in the workshops to CHWs, including the Keep Watch resource kit are appropriate for the audience and contained nearly all the information that CHWs reported requiring about water safety. Access to additional workshops, water safety information updates, and provision of additional resources related to water safety should be considered.

The CHWs were found to be an appropriate contact point to distribute Keep Watch water safety material to parents and caregivers of children aged 0-5 years.

Recommendations include:

- Provision of the Keep Watch community health workers water safety program on a regular basis to CHW’s by RLSSA, NSW Branch (at least once every three years).

- Development of a range of fact sheets for use by CHWs on the common locations where young children drown (ie. baths, swimming pools, dams, general water safety around the home) that describe prevention strategies.

- Consideration be given to providing the Keep Watch resource materials in languages other then English.

- An investigation be undertaken of the feasibility of how water safety information could be highlighted in the Personal Health Record (‘blue book’).

- Provision of the Keep Watch messages in a video format for centres, including languages other than English should be explored.

- An investigation be conducted into the feasibility of incorporating the Keep Watch community health workers water safety workshop into a larger program of workforce development for CHWs in NSW.
References

- RLSSA WA (2000). Drowning Prevention Program for Community Health Nurses Throughout Rural Western Australia. Royal Life Saving Society Australia: Perth
## Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Full Form</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABS</td>
<td>Australian Bureau of Statistics</td>
</tr>
<tr>
<td>ADD</td>
<td>Attention Deficit Disorder</td>
</tr>
<tr>
<td>AWSC</td>
<td>Australian Water Safety Council</td>
</tr>
<tr>
<td>CHC</td>
<td>Community Health Centres</td>
</tr>
<tr>
<td>CHW</td>
<td>Community Health Workers</td>
</tr>
<tr>
<td>CPR</td>
<td>Cardio-Pulmonary Resuscitation</td>
</tr>
<tr>
<td>CSA</td>
<td>Community Service Announcement</td>
</tr>
<tr>
<td>Dpt Sport and Rec</td>
<td>Department of Sport and Recreation</td>
</tr>
<tr>
<td>NSW</td>
<td>New South Wales</td>
</tr>
<tr>
<td>NWSP</td>
<td>National Water Safety Plan</td>
</tr>
<tr>
<td>RLSSA</td>
<td>Royal Life Saving Society Australia</td>
</tr>
<tr>
<td>RTA</td>
<td>Roads and Traffic Authority</td>
</tr>
<tr>
<td>SLSA</td>
<td>Surf Life Saving Australia</td>
</tr>
<tr>
<td>WA</td>
<td>Western Australia</td>
</tr>
</tbody>
</table>
Appendices

Appendix 1 – Pre water safety workshop questionnaire

**Pre water safety workshop questionnaire**

If you have any questions about this questionnaire please feel free to call Richard Franklin. This questionnaire is part of the evaluation of both the Community Health Workers CD-Rom and the water safety workshop in which you are about to participate. All responses will be kept confidential and only group information will be presented in any reports.

1. What is your gender?  
   - [ ] Male  
   - [ ] Female

2. What is your age group?  
   - [ ] 18-24  
   - [ ] 25-34  
   - [ ] 35-44  
   - [ ] 45-54  
   - [ ] 55-64  
   - [ ] 65+

3. What is your job title? __________________________________________________________________________

4. Please rank from 1 to 14 the following health issues for children 0-5 years. *(1 most important to 12 least important)*

   - [ ] Asthma  
   - [ ] Diabetes  
   - [ ] Hearing  
   - [ ] Eye sight  
   - [ ] Water safety  
   - [ ] Attention Deficit Disorder  
   - [ ] Child abuse/neglect  
   - [ ] Vaccinations  
   - [ ] Infections  
   - [ ] Burns and scalds safety  
   - [ ] Poisoning  
   - [ ] Hygiene  
   - [ ] Childhood development/milestones  
   - [ ] Other ______________________________________________________________________________________

5. What percentage of your working day would be involved in giving care givers advice about their children’s health (including information about safety)? __________________________

6. What would you say are the key water safety messages for the care giver of children 0-5 years?  
   6.1 ____________________________________________________________________________________________
   6.2 ____________________________________________________________________________________________
   6.3 ____________________________________________________________________________________________
   6.4 ____________________________________________________________________________________________

7. What would you like to get out of the water safety workshop?  
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________

8. Where do you currently go to find information about water safety?  
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________

9. How do you currently pass information on to people who are interested in particular health issues? *(eg. brochures, refer to a website, photocopy information out of a text book, etc.)*  
   ____________________________________________________________________________________________
   ____________________________________________________________________________________________

10. Approximately how many care givers with children aged 0-5 years did you consult within the last fortnight? ______

11. Do you currently recommend to care givers of children 0-5 years that they undertake a First Aid Course?  
    - [ ] Always  
    - [ ] Sometimes  
    - [ ] Never

12. Do you have access to a computer at work?  
    - [ ] Exclusive use  
    - [ ] Share with others  
    - [ ] No

13. Do you have a CD-Rom on your computer?  
    - [ ] Yes  
    - [ ] No

14. Do you have access to the internet?  
    - [ ] Work  
    - [ ] Home  
    - [ ] Both  
    - [ ] Other __________  
    - [ ] No
# Post water safety workshop questionnaire

1. Referring back to what you thought you would like to get out of the water safety workshop, do you think it met your expectations?  
   - Yes  
   - No

2. On a scale of 1-5 (1 being very poor and 5 being excellent) how would you rate the following?

<table>
<thead>
<tr>
<th>Area</th>
<th>Rating</th>
<th>Very Poor</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall quality of the water safety workshop</td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Quality of the materials used in water safety workshop</td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Quality of the CD-ROM</td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Knowledge of the presenter</td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Delivery by the presenter</td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Overall presentation</td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Quality of the venue</td>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

3. How could the workshop be improved?

   ________________________________________________________________
   ________________________________________________________________

4. Would you recommend this water safety workshop to other people in your profession?  
   - Yes  
   - No

5. Was the workshop?  
   - Too long  
   - Too short  
   - Just right

6. Do you think you will be able to use the information provided in the workshop at your workplace?  
   - Yes  
   - No

   6.1 If yes, how will you use the information?

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

   6.2 If no, why not?

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

7. What further information would you like about water safety?

   ________________________________________________________________
   ________________________________________________________________
   ________________________________________________________________

8. Do you have access to a printer?  
   - Colour  
   - Black and White  
   - Both  
   - Neither

9. Do you have access to a photocopier?  
   - Yes  
   - No

10. Do you print/photocopy brochures for clients?  
    - Print  
    - Photocopy  
    - Both  
    - Neither
Post water safety workshop questionnaire

11. What do you think were the key water safety messages from the water safety workshop?
   11.1____________________________________________________________________________________________
   11.2____________________________________________________________________________________________
   11.3____________________________________________________________________________________________
   11.4____________________________________________________________________________________________
   11.5____________________________________________________________________________________________

12. Based on the water safety messages above how would you advise care givers of children less than five years of age to prevent their child from drowning?
   12.1____________________________________________________________________________________________
   12.2____________________________________________________________________________________________
   12.3____________________________________________________________________________________________
   12.4____________________________________________________________________________________________
   12.5____________________________________________________________________________________________

13. Can you suggest other ways in which the drowning of children less than five years of age could be prevented? __________
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________

14. Are there any other comments you would like to make? ____________________________________________
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________

15. Would you like a similar workshop and resource for other safety-related areas?  
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________

  15.1 If yes, what safety areas would you like information on? _______________________________________  
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________
    ____________________________________________________________________________________________

Thank you for your time taken to complete this questionnaire. If you have any questions about this questionnaire please feel free to call Richard Franklin on (phone) or email (email). This questionnaire is part of the evaluation of both the Community Health Workers CD-Rom and the water safety workshop in which you have participated. All responses will be kept confidential and only group information will be presented in any reports.
Appendix 3 – Final questionnaire

**Final questionnaire**

In March 2003 your Community Health Centre was sent a CD-Rom called “Community Health Workers Water Safety CD-Rom”. We would appreciate you taking a few minutes to complete this questionnaire, returning it using the reply paid envelope. If necessary please talk to the other staff in your office that have used the CD-Rom. All replies are confidential.

1. Did you or someone in your office receive the water safety information pack with a CD-Rom on water safety from the Royal Life Saving Society New South Wales?  
   Yes  [ ]  No  [ ]  
   (If no, thank you for completing the questionnaire. Please return in the prepaid envelope).

2. Did you or someone in your office access the material on the CD-Rom?  
   Yes  [ ]  No  [ ]
   2.1 If no, why not?  
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   Thank you for completing the questionnaire. Please return in the prepaid envelope.

3. Were you able to hear the auditory component of the CD-Rom?  
   Yes  [ ]  Didn’t try  [ ]  My computer does not have sound  [ ]  No  [ ]

4. How many staff working in your centre would have seen care givers of children 0-5 years in the last fortnight?  
   __________

5. On a scale of 1-6 (1 being very poor and 6 being excellent) how would you rate the following?

<table>
<thead>
<tr>
<th>Poor</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall quality of the CD-Rom</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
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<tr>
<td>Instructions for use</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
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<tr>
<td>Ease of navigation</td>
<td>[ ]</td>
<td>[ ]</td>
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<td>[ ]</td>
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<tr>
<td>Quality of material</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
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<tr>
<td>Quality of photographs/images</td>
<td>[ ]</td>
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<tr>
<td>Quality of the audio/visual material</td>
<td>[ ]</td>
<td>[ ]</td>
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<tr>
<td>Quality of the support documentation/reports</td>
<td>[ ]</td>
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<tr>
<td>Quality of information manual</td>
<td>[ ]</td>
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<tr>
<td>Brochures</td>
<td>[ ]</td>
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<td>[ ]</td>
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<tr>
<td>Quality of drowning fact sheets</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
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<tr>
<td>Quality of toddler fact sheets</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
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<tr>
<td>Poster</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>Cassette tape</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
</tbody>
</table>

6. What did you like most about the CD-Rom?  
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

7. How often do you think the workshop should be repeated?  
   Every 6 months  [ ]  Once a year  [ ]  Once every 2 years  [ ]  Once every 3 years  [ ]  Never  [ ]  Other  [ ]
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

---
### Final questionnaire

8. What did you like best about the CD-Rom? ________________________________________________________________

9. What would you like to see changed on the CD-Rom? ______________________________________________________

10. Since receiving the Water Safety information pack have you contacted the Royal Life Saving Society NSW and asked for more... *(tick all that apply)*:

- Brochures  
- Posters  
- Cassette tapes  
- CD-Roms  
- Booklets  
- Other (specify) __________________________________________________________

11. Do you have access to a colour printer at work?  

- Yes  
- No  

12. Did any of the staff in your centre undertake the water safety workshop?  

- Yes  
- No  
- Unsure  

13. Did any of your staff use the information from the workshop or CD-Rom?  

- Yes  
- No  
- Unsure  

14. Would you like a similar CD-Rom for other safety related areas?  

- Yes  
- No  
- Unsure  

14.1 If yes, what other safety areas would you like on a CD-Rom? ____________________________________________

15. What are the key components of the Royal Life Saving “Keep Watch” message?

15.1 ______________________________________  
15.2 _______________________________________  
15.3 ______________________________________  
15.4 _______________________________________  

16. Based on the water safety messages above, how would you advise care givers of children 0-5 years to prevent their child from drowning?

16.1____________________________________________________________________________________________

16.2____________________________________________________________________________________________

16.3____________________________________________________________________________________________

16.4____________________________________________________________________________________________

17. Do you have any suggestions on how to improve any of the resources you received or how Royal Life Saving Society NSW can make sure all care givers receive the water safety message? ______________________________________

____________________________________________________________________________________________

____________________________________________________________________________________________

Thank you for your time in filling out this questionnaire and helping the Royal Life Saving Society improve their resources in the fight to prevent drowning. If you have any questions please feel free to contact Richard Franklin (address), (phone), (facsimile) and (email). All information is confidential and only grouped information will be presented in any reports.
## Presenter’s questionnaire

1. Name of trainer ____________________________________________

2. Location of training _____________________________________

3. Venue ____________________________________________________

4. Date of course ____________________ 5. Number of people in course __________

6. On a scale of 1-5 (1 being very poor and 5 being excellent) how would you rate the following?

<table>
<thead>
<tr>
<th></th>
<th>Very poor</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.1 – Quality of the resource material</td>
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<tr>
<td>6.2 – Enthusiasm of participants</td>
<td></td>
<td></td>
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<tr>
<td>6.3 – Venue (room)</td>
<td></td>
<td></td>
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<tr>
<td>6.4 – Venue (parking)</td>
<td></td>
<td></td>
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<tr>
<td>6.5 – Venue (amenities)</td>
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<tr>
<td>6.6 – Data projector</td>
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<tr>
<td>6.7 – Overall success of workshop</td>
<td></td>
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</tbody>
</table>

7. How did you present the water safety information? □ Powerpoint □ CD-Rom only □ Combination of CD-Rom and Powerpoint □ Other

8. Was the laptop able to present all the information from the CD-Rom? □ Yes □ No

9. Was the laptop an effective tool for presenting water safety information to community health workers? □ Yes □ No

10. What would you do to make the resource (CD-Rom) better? ____________________________________________

11. What did you consider the best part of the workshop and why? _________________________________________

12. What did you consider the worst part of the workshop and why? _________________________________________

13. Was the length of the workshop? □ Too long □ Just right □ Too short

14. Would you be willing to present this workshop on a regular basis? □ Yes □ No

15. Would you be willing to present a workshop on other water safety messages? □ Yes □ No

Once you have completed your form please place the completed questionnaires from the course in the Express Post envelope provided. If you have any questions regarding this form or the questionnaires used during the course please feel free to contact Richard Franklin (address), (phone), (facsimile), (mobile) and (email).
An initiative of the NSW Water Safety Taskforce 2003

**Members of the NSW Water Safety Taskforce**

<table>
<thead>
<tr>
<th>Australian Professional Ocean Lifeguard Association</th>
<th>NSW Fisheries</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUSTRWIM NSW</td>
<td>NSW Local Government and Shires Association</td>
</tr>
<tr>
<td>Community Relations Commission</td>
<td>Premier’s Department</td>
</tr>
<tr>
<td>FarmSafe NSW</td>
<td>Surf Life Saving NSW</td>
</tr>
<tr>
<td>NSW Department of Education and Training</td>
<td>The Royal Life Saving Society Australia (NSW Branch)</td>
</tr>
<tr>
<td>NSW Department of Health</td>
<td>United Services Union</td>
</tr>
<tr>
<td>NSW Department of Local Government</td>
<td>Waterways Authority</td>
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<tr>
<td>NSW Department of Tourism, Sport and Recreation</td>
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</tbody>
</table>