



## Water Safety Tips

# General Water Safety Tips

Wherever there is water these rules apply.

- Know the Aquacode – Go Together, Stay Afloat and Wave, Reach to Rescue.
- Always swim with a friend or adult.
- To reach and rescue, lie down and stretch out. Use sticks, poles, clothing or branches to extend your reach. If you can't reach, throw something that floats.
- If in trouble in the water:
  - stay calm
  - float on your back
  - wave one arm for help
  - while waiting for help, float, tread water or swim slowly.
- Listen to and obey lifeguards.
- Obey all signs giving advice to swimmers.
- Always check the depth and conditions of the water before entering.
- Learn about water conditions, such as rips, currents and undertows, before swimming.