



## 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.



## Water Safety Tips

### Home – Key Safety Tips

- Supervision by an adult at all times when in and around water (pools, spas, baths, buckets, dams, water tanks, troughs and irrigation channels).
- Pools must be fenced with a self-latching gate.
- Remove toys from swimming pools and baths after use because young children are attracted by them.
- Keep fish ponds and water features covered.
- A rigid cover should be installed over spas.
- Empty paddling pools immediately after use.
- Keep liquid-filled buckets out of reach of children.
- Never leave children alone in the bath.
- Keep the bath plug out of reach of small children.
- Keep top-loading washing machines closed.



## Water Safety Tips

# Swimming Pools/Aquatic Centres – Key Safety Tips

- Always swim with an adult.
- Read and obey pool signs and listen to lifeguards' advice.
- Stay away from the deep end, unless you can swim well.
- Make sure the water is clear of swimmers before entering.
- Do not run around the pool edge.
- Check the depth markings on the poolside to see where it is safest to swim or dive.
- Play safely around water – do not push people into the pool.



## Water Safety Tips

### Beach – Key Safety Tips

- ♣ Always swim with an adult – never swim alone.
- ♣ Swim between the red and yellow flags. This is the safest area and is patrolled by lifesavers.
- ♣ Read the surf conditions board before entering the water.
- ♣ Do not enter the water if you have any doubts about your ability to cope with the conditions.
- ♣ Keep watch on a reference point on the shore, to avoid drifting.
- ♣ Swim parallel to, not away from, the shore when you swim long distances.
- ♣ Obey lifesavers – leave the water immediately, or move as directed.
- ♣ Swimming at the beach after dark means that you cannot be seen if you are in difficulty.



## Water Safety Tips

### Rivers and Lakes – Key Safety Tips

- ♣ Always swim with an adult – never swim alone.
- ♣ Read and obey notices and signs before entering the water.
- ♣ Be careful not to stand on overhanging banks.
- ♣ Beware of slippery banks – do not walk close to, or run along the edge of, them.
- ♣ Before entering the water – check its depth, the presence and strength of currents and look for any submerged objects.
- ♣ Enter cold water slowly.
- ♣ Diving is dangerous: conditions can change, hazards such as snags, rocks, sandbanks and weeds may exist and water depth may vary.
- ♣ Avoid swimming near boat ramps or in boating areas.
- ♣ Beware of boats and other water craft using the waterway.
- ♣ If caught in a fast-flowing river, rapids, or a stormwater drain, try to float feet first in a half sitting position.
- ♣ If trapped in quicksand or deep mud, spread the body's weight by lying flat on the surface, and move using slow arm and leg actions.



## Water Safety Tips

### Farms – Key Safety Tips

- A safe play area next to the house keeps children away from hazardous bodies of water.
- Adults should always supervise children when in and around dams, creeks and other bodies of water on farms.
- When walking around dams or irrigation channels, beware of slippery, overhanging or steep banks.
- Swimming in dams can be dangerous as the water is cold and murky and the floor can be muddy and slippery.
- Never swim in water tanks. They are deep and the sides are steep, making it difficult to get out.
- Store water-collecting items such as buckets and barrels safely (out of reach of children) and ensure they are tightly sealed.
- Check for objects hidden beneath the surface of inland waters before entering.
- Do not swim or play in sheep dips and animal water troughs.
- If your legs become tangled in reeds or weeds, stay calm and use gentle arm strokes to swim to safety.



## Water Safety Tips

### Boating – Key Safety Tips

- Everyone on board a boat must wear a Personal Flotation Device (PFD).
- Never go boating alone.
- Always let someone know where you are going and what time you will return.
- Make sure your boat has emergency equipment (first aid kit, radio, flares etc.).
- Know the limitations of the boat and do not overload it.
- Follow the boat traffic rules.
- Check weather conditions, and continue to monitor weather reports.
- Wear and take appropriate clothes, to allow for possible changes in the weather.
- Keep the boat away from swimming areas, weirs, rocks and other craft.
- Stow all gear safely.
- Do not mix boating and drinking alcohol.
- When entering or leaving a small boat, keep your weight low and centred.
- Keep a lookout for the warning signs of bad weather, such as clouds building up, wind speed increasing, waves becoming bigger.
- Learn and practise capsize and person overboard drills.



## Water Safety Tips

### Fishing – Key Safety Tips

- ♣ Always go fishing with an adult.
- ♣ Always wear a Personal Flotation Device (PFD).
- ♣ When fishing from rocks; look for secure footholds, stay away from sloping, slippery edges, and wear suitable clothing and footwear.
- ♣ When wading, check for hidden rocks or sudden drop-offs.
- ♣ Watch for changes in the weather and tides to avoid being swept away by a sudden wave, or being cut off from the shore by a rising tide.
- ♣ Never turn away from the sea because a wave may knock you over.
- ♣ Never mix fishing and drinking alcohol.