



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.