



Water Safety – Avoid Going Alone

No matter your skill level and confidence, avoid going alone.

Thinking ‘it won’t happen to me’ is too often the call made – our research shows that poor decision making can lead to tragedy. Swim with a friend or with family.

If you do go alone, make sure you swim at a patrolled beach or a pool with lifeguards on duty.

Inland Waters

When enjoying inland waterways it’s important to be aware of the risks and stay safe. Whether you’re swimming, boating, or even just relaxing on the bank, there are many hidden dangers that you may not be aware of.

RISKS AND HAZARDS

- Sudden changes in conditions
- Fast flowing water and currents
- Water visibility can hide submerged objects like snags, rocks and trees
- Cold water – water temperatures in rivers, lakes and dams can drop to low temperatures and cause cold water shock or hypothermia if you fall in
- Slippery banks and uneven surfaces
- Inland waterways are usually not patrolled by lifeguards
- Can be remote areas without mobile phone reception
- Depth of the water may suddenly change
- Flooding
- Seasonal patterns – going from dry or low water levels to full rivers



HOW TO STAY SAFE IN INLAND WATERWAYS

- Check conditions before entering the water
- Enter the water slowly, feet first
- Take care around crumbling riverbeds and slippery dam edges
- Avoid underwater obstacles such as rocks, branches, rubbish
- Take care when walking on unstable or slippery riverbeds
- Avoid crossing flooded waterways
- Avoid alcohol and drugs around water
- Wear a lifejacket when boating or using watercraft
- Always swim with a mate

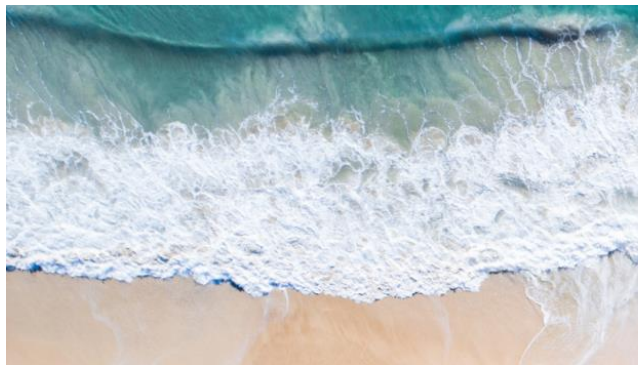


Beaches

Everyone loves a day at the beach with family and friends, but it is important that everyone knows how to stay safe when visiting Australia's beaches. Every year many people lose their lives when swimming, surfing, snorkelling or playing in the water.

HOW TO STAY SAFE

- Swim at a patrolled beach, and between the red and yellow flags
- Look for and read the safety signs
- Recognise hazards and dangers
- Avoid swimming or recreating alone, as no will be able to assist or call for help in an emergency.
- Never swim at an unpatrolled beaches
- Avoid swimming at night
- Always actively supervise children and keep them within arms' reach
- Ask the lifeguards/lifesavers for advice about beach conditions
- Do not swim after consuming alcohol and/or drugs
- Do not enter the water if there are doubts about swimming ability
- Protect yourself from sun and stay hydrated by drinking plenty of water



RIP CURRENTS

Rip currents (often known as rips) are a common hazard on most Australian beaches. Many people are known to have drowned after being caught in a rip current. Rip currents are fast-flowing currents where the water flows out in the direction toward of the open sea. Swimming between the flags is the best way to avoid getting caught in a rip. Recognising a rip current is the first step to being able to avoid getting caught in one.

How to spot a rip current?

- Deeper dark colored water with fewer or no breaking waves
- Discoloured brown water and foam on the surface beyond the breaking waves
- Rippled water and debris floating out to sea

What to do if you get caught in a rip and feel yourself being pulled away from the shore?

- Stay calm and do not panic
- Float on your back and float with the rip – it may carry you back to shore
- Signal for help by raising one arm and call out to attract attention
- Wait to be rescued
- If you are a strong swimmer and not tired, try to swim parallel to the shore or towards the breaking waves to return to shore
- Never try to swim against the rip, you will get tired and exhaust yourself