



Water Safety



Being around water is part of everyday Australian life. Whether it be at the beach, rivers, creeks, public and backyard swimming pools, spas, or dams on farms.



In Australia, there is a high number of drowning incidents and it is important to keep safe by:

- Supervising children



- Avoid alcohol around the water



- Know the conditions of the water



- Wear a lifejacket



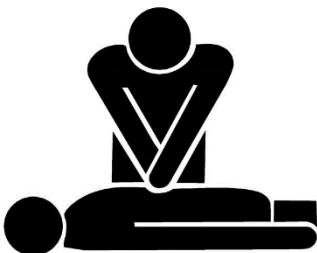
- Learn to swim



- Swim between the flags
 - Swim between the red and yellow flags at the beach
 - Always swim or surf at places patrolled by lifesavers or lifeguards.
 - Always swim under supervision
 - Read and obey the signs
 - If you are unsure of surf conditions, ask a lifeguard or lifesaver.



Remember – No matter your skill level and confidence, avoid going alone. If you do go alone, make sure you swim at a patrolled beach or a pool with lifeguards on duty.



- Learn Resuscitation
 - Everyone should, where possible, learn to do cardiopulmonary resuscitation (CPR), as this may prevent death by drowning



Top 5 tips to enjoy the water safety:

- Suitable clothing for yourself and your family – clothes that can be worn in warm or cool weather
- Comfortable shoes
- Personal care items such as shampoo, soap or deodorant
- Medications that you may need after you arrive in Australia.



You can find more information on the Royal Life Saving website.

- www.royallifesaving.com.au/summerwatersafety
- www.royallifesaving.com.au/educate-participate/education/classroom-resources
- www.royallifesaving.com.au/educate-participate/education/water-smart

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