



## Water Safety

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

In (2021/22) Australia had the highest number of deaths on record, with 145 people drowning across Australia.

### Supervise children

Toddlers can drown in as little as a few centimetres of water – this means that objects including buckets, inflatable/toddler wading pools, backyard ponds, eskies with melted ice and even pets drinking bowls can all pose a potential drowning hazard. Children require active adult supervision around water at all times, this means being within arm's reach (e.g. in the pool or spa with them or beside them in the bath) so that you are able to help them stay safe

### Avoid alcohol around the water

More than half of all adults will drink alcohol around the water during summer and we know alcohol is one of the biggest risk factors for drowning among adults.

### Know the Conditions

It's important to know the conditions. Unfamiliar swimming, boating, and fishing spots increase the risk of drowning. Sandbars, rips, unpredictable currents, debris below the water surface and swiftly changing local conditions are all often well-known to locals, but harder to spot by visitors.

### Wear a lifejacket

Wear a lifejacket when fishing or boating. There is a lifejacket for every activity and everybody. With the modern comfortable design of lifejackets there is really no excuse not to wear a lifejacket.

### Learn to swim

Participate in a water safety program. Everyone should learn to swim. It is important that anyone in and around water is able to swim

### Swim between the flags

- Swim between the red and yellow flags at the beach. The red and yellow flags indicate the safest place to swim when lifeguards and lifesavers patrol beaches.
- 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.

**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 is a vital step towards preventing death by drowning

## How to Stay Safe

### Top 5 tips to enjoy the water safely:

- 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.

For more information go to:

- [www.royallifesaving.com.au/summerwatersafety](http://www.royallifesaving.com.au/summerwatersafety)
- [www.royallifesaving.com.au/educate-participate/education/classroom-resources](http://www.royallifesaving.com.au/educate-participate/education/classroom-resources)
- [www.royallifesaving.com.au/educate-participate/education/water-smart](http://www.royallifesaving.com.au/educate-participate/education/water-smart)



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