



5-2 Safety Short

19 June 2007

Water Safety - Swimming

Beach Safety Tips

- Always swim at a beach patrolled by lifesavers.
- Swim between the red and yellow flags. They mark the safest areas to swim.
- Always swim under supervision or with a friend.
- Read and obey the safety signs.
- If you are unsure of conditions, ask a lifeguard.
- Always go Surfing with someone else
- Don't swim directly after a meal.
- Don't swim under the influence of alcohol or drugs.
- Don't run and dive in the water.
- Check it's okay to swim before you enter the water, conditions change regularly.
- Be SunSmart use at least 15+ sunscreen, wear a long-sleeve shirt and broad brimmed hat.
- If you get caught in a rip at a patrolled beach, do not panic. Float with the rip and raise one arm for assistance.
- Always wear a foot strap when surfing and a wrist strap when body boarding.

At the Pool

Your local swimming pool provides the ideal safe swimming environment. Not only is the water quality controlled to meet Health regulations, it is patrolled by qualified Pool Lifeguards.

- Always obey the pool's safety rules and listen to the instructions of pool lifeguards. They are there to assist you.
- Play it safe. Always walk around the pool, and remember to check for others before entering the water.
- Never take your eyes off the children.