CONSISTENT WATER SAFETY MESSAGES

General water safety messages:
• Think don’t sink – learn to float or tread water and stay calm in the water
• Learn to swim – you are never too young or too old to start or retrain
• Never swim, surf, fish or boat alone – go with a friend
• Always supervise children in and around water
• If you have a flotation device (boat, surfboard etc) – stay with it until help arrives
• Stay sober in or on the water and when supervising others
• Check it out before you go out
• In an emergency call Triple Zero (000).

Rock fishing messages:
• Stay alert to the weather and ocean conditions. Observe first, fish later.
• Plan an escape route in case you are washed in
• Always wear a life jacket
• Wear appropriate non-slip footwear and light clothing
• Always fish with a friend
• Never turn your back on the ocean
• Do not jump in if someone is washed in - wait for assistance.

Tourism including international visitors’ messages
The subgroup is of the opinion that the consistent messages are appropriate for all audiences, including international visitors.

Rip Awareness
A rip is a strong surface current flowing from the shore.
• Go with a friend – do not swim alone
• Avoid a rip first - always swim between the red and yellow flags
• Stay calm, stay afloat and signal for help by raising an arm.

Swimming and safety around pools messages
• Be Pool Safe – register your pool at www.swimmingpoolregister.nsw.gov.au
• Fence your pool or spa with a self-closing and self-latching gate. Ensure the fence is secure and in good working order
• Actively supervise your child by focusing all of your attention on them when they are in, on or around the water
• During parties or gatherings by the pool, nominate a designated child supervisor and rotate the supervision responsibilities regularly.

Boating messages
• Wear a lifejacket
• Stay within the limits of your vessel and your experience
• Keep to a safe speed
• Keep a proper lookout at all times
• Communicate – log on and log off with Marine Rescue
Go easy on the drink – the same drink driving rules apply on the water.

**Beach safety messages**
- Always swim between the red and yellow flags – they mark the supervised area for swimming
- Seek advice from the lifesavers and lifeguards.
- Always swim, surf or fish with a friend
- Read and obey the safety signs
- If you need help, stay calm and attract attention by raising your arm
- Be aware of rip currents
- Swim safe – swim sober
- Check water depth – never dive in head first
- If in doubt stay out.

**Learn to Swim**
The subgroup is of the opinion that ‘learn to swim’ is a message in itself and is incorporated as a swimming/safety around pools messages (above).

**Inland waters**
- Check water depth – never dive in head first
- Always enter the water slowly, feet first
- Be aware of currents and undertows
- Never enter fast flowing or flooded lakes, rivers, dams, weirs or storm water drains
- Inland waters can be very cold - be aware of hypothermia even in summer.

**On Farms**
- Create a securely fenced child safe play area close to the house or inside the home
- Fill in unused holes where water can gather such as ditches, dips and potholes
- Securely cover water storage such as wells and tanks