

Check the weather – what to know

It's important to check the weather before you head out for water activities. Here are some basics you should always check:

- Weather warnings for your activity area.
- Weather conditions – will they affect your safety or comfort?
- Wind conditions and expected wind changes.

For marine waterways:

- Wave conditions and heights
- Times for high and low tide.

For inland waterways:

- Flood warnings issued for your activity area.

WEATHER INFORMATION
bom.gov.au

UV ALERTS
sunsmart.com.au
 Check the UV index and find out what times sun protection is required during the day.

SURF REPORTS
coastalwatch.com.au
 For surf reports, forecasts and surfcams.

EPA BEACH REPORT
epa.vic.gov.au/beachreport
 From 1 December until early March, the EPA provides beach water quality information for Port Phillip Bay.

Always tell someone your plans – where you're going and when you'll be back



Don't drink and drown

Drinking or taking drugs around water affects your swimming ability and judgement of dangerous situations, increasing your risk of drowning.



- Don't swim when you've been drinking or taking drugs.
- Never swim alone.
- Remember alcohol and drugs can affect your sense of balance and disorient you in the water.

Alcohol is a factor in over 20% of drowning deaths in Victoria

Victorians over 55 have one of the highest drowning rates

- Don't overestimate your swimming ability.
- Know the impact of medication and pre-existing illnesses around water.
- Keep active and familiar with water by visiting your local pool.

lifesavingvictoria.com.au



Older Victorians

Victorian Water Safety Guide



Available on the Google play and App Store

www.watersafety.vic.gov.au

Public pools

Your local public pool is a great place for the whole family to swim and participate in water programs.

- Lifeguards provide professional supervision for all pool users – parents/carers still need to watch their own children around the water.
- Children under five should be within arm's reach at all times; children under 10 should always be in your sight.
- Ensure your children learn to swim – enrol them in a swimming and water safety program at your local pool.

lifesavingvictoria.com.au

aquaticsandrecreation.org.au

Parents supervise, lifeguards save lives



0.3m



CAUTION SHALLOW WATER



NO DIVING



All Children Under the age of 10 MUST be actively supervised by an Adult over the age of 18 at all times.

Inland waterways

Inland waterways, including rivers, creeks, lakes and dams are great for water recreation, but it is important to remember they have many hidden dangers, such as submerged objects, debris and strong currents.

- Never swim alone.
- Check the depth before you jump or dive in.
- Check the water is OK to swim:
 - Check safety signs
 - Ask a local who knows the area.
- Never walk, swim, drive or ride through flood water, and be aware of changed conditions to waterways after floods.

lifesavingvictoria.com.au

ses.vic.gov.au



Always look before you leap



IN AN EMERGENCY CALL 000

RESUSCITATION ACTION PLAN (DRSABCD)

D DANGERS CHECK FOR HAZARDS/RISKS/SAFETY Remove possible dangers	UNRESPONSIVE? NOT BREATHING NORMALLY COMMENCE CPR
R RESPONSE CHECK FOR RESPONSE Can you hear me? Open your eyes. Whats your name? Squeeze my hand. Let go.	ADULT 8 YEARS OF AGE AND OLDER HEAD TILT: FULL COMPRESSION: 2 HANDS, 1/3 OF CHEST DEPTH
S SEND SEND FOR HELP - DIAL 000	CHILD 1-8 YEARS OF AGE HEAD TILT: FULL COMPRESSION: 1 OR 2 HANDS, 1/3 OF CHEST DEPTH
A AIRWAY OPEN THE AIRWAY Check the airway. Clear if required.	INFANT LESS THAN 1 YEAR OF AGE HEAD TILT: NEUTRAL COMPRESSION: TWO FINGERS, 1/3 OF CHEST DEPTH
B BREATHING LOOK, LISTEN AND FEEL FOR BREATHING	
C CPR GIVE 30 CHEST COMPRESSIONS FOLLOWED BY 2 BREATHS. PUSH FIRM. PUSH FAST.	
D DEFIBRILLATION ATTACH AUTOMATED DEFIBRILLATOR ASAP AND FOLLOW ITS PROMPTS.	

FOR DROWNING RELATED EMERGENCIES

- ENSURE YOUR SAFETY IF PERFORMING A RESCUE
- CHECK AND CLEAR THE AIRWAY WITH THE PERSON ON THEIR SIDE
- IF NOT BREATHING NORMALLY, GIVE TWO RESCUE BREATHS PRIOR TO COMMENCING CPR

IF YOU HAVE A SPEECH OR HEARING DISABILITY CALL VIA THE NATIONAL RELAY SERVICE ON 106

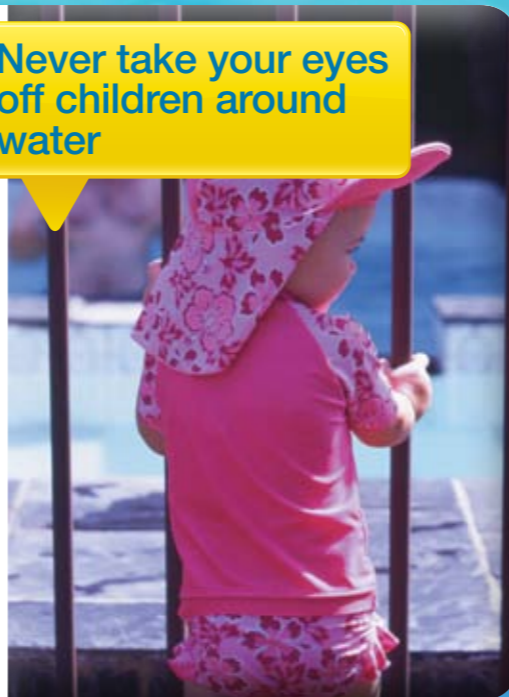
Home pools and spas

Home pools are a real danger for young children around your home and are required by law to have suitable safety barriers.

- Always supervise children in and around the pool.
- Ensure your pool/spa fence is compliant - check and maintain it regularly.
- Never leave pool gates propped open.
- Always empty inflatable pools and paddling pools immediately after use.
- Ensure your children learn to swim.
- Learn CPR and display a resuscitation chart on your pool fence.

buildingcommission.com.au
kidsafevic.com.au

Never take your eyes off children around water



Rural properties

A 'Child Safe Play Area' can be used to restrict children's access to water that you cannot fence on rural properties.

- Fill in unused holes where water can gather.
- Securely cover water storage such as wells and tanks.
- Ensure all gates on your property are closed.



For instructions on setting up a child safe play area visit:
farmsafe.org.au

Around the home

Water is fun and enjoyable for children. However, it can also be a safety hazard to young children.

- Never leave your child alone in the bath, or in the care of an older child.
- If you have to leave the bathroom, take your child with you.
- Always empty the bathtub, buckets and sinks immediately after use.

20 seconds is all it takes for a toddler to drown



PLAY IT SAFE BY THE WATER



www.watersafety.vic.gov.au

Beach safety

Sixty-seven of Victoria's most popular beaches are patrolled by lifesavers during the summer months.

- Always swim between the red and yellow flags.
- Never swim alone.

Victorian beaches are not patrolled every day of the year, so always check it's OK to swim by:

- Assessing the conditions
- Checking safety signs
- Checking with someone local.

lifesavingvictoria.com.au



Always swim between the red and yellow flags

Surfing and bodyboarding

From Bells Beach to Phillip Island, there are some great surfing spots in Victoria.

- Always surf or bodyboard with a mate.
- Check and assess conditions before you head out in to the surf.
- If you get in trouble, stay on your surfboard or bodyboard to stay afloat.
- Ensure you surf outside the black and white quartered boarding flags at patrolled beaches.

Beginner surfers should start with a lesson from a Surfing Victoria affiliated surf school.

Visit surfingvic.com



Assess the conditions, including wave sets and rip currents

Diving and snorkelling

Diving and snorkelling opens up a whole new underwater world, but it is important to follow a few simple rules to stay safe.

- Call the Divers Alert Network (DAN) 24-hour Diving Emergency Service 1800 088 200 if you have a medical emergency during or after a dive.
- Always dive/snorkel with a buddy & stay with your buddy in the water.
- Don't dive or snorkel if you are feeling unwell.
- Train with a recognised dive school.
- For more info visit danasiapacific.org



PHOTO: DAVE BRYANT, SEAPICS.COM.AU

Boating safety

Boating is a great way to enjoy Victoria's coastline, lakes and river systems.

- Always wear your life jacket – you may not have time to put it on in an emergency.
- Always tell family or friends where you are going and when you will be returning.
- Always carry safety equipment aboard.
- Run regular maintenance checks on your boat.

For more information about boating safety and legislation call 1800 223 022 or visit:

transportsafety.vic.gov.au

Beginner boat owners interested in theory and practical accredited lessons should visit:

boatingvictoria.com.au

Children interested in learning to sail can enrol in an accredited junior sailing program. For information visit:

discoversailing.org.au

PFD's must be worn at all times* on:

- Powerboats up to and including 4.8m.
- Off the beach yachts and paddle craft.

*When in an open area of a vessel which is underway.



PHOTO: TRANSPORT SAFETY VICTORIA

Rip currents

A rip is a strong current of water, running out to sea from the beach. Rips can occur at all beach locations, including bays.

- Avoid rip currents by swimming between the red and yellow flags.
- If you need help; stay calm, float, and raise an arm to attract attention.
- To escape a rip, swim parallel to the beach.
- Always conserve your energy; the waves can assist you back to the beach.



Never swim alone

Fishing

There are widespread fishing opportunities in Victoria, from freshwater lakes and rivers to saltwater fishing in bays, inlets and oceans.

- Unless you are exempt, a fishing licence is required when taking, or attempting to take, any species of fish in Victoria.
- Never fish alone.
- Check water and weather conditions before you go.
- Always tell family or friends where you are going and when you will be returning.

To obtain a fishing licence or find out more information visit:

dpi.vic.gov.au/fisheries



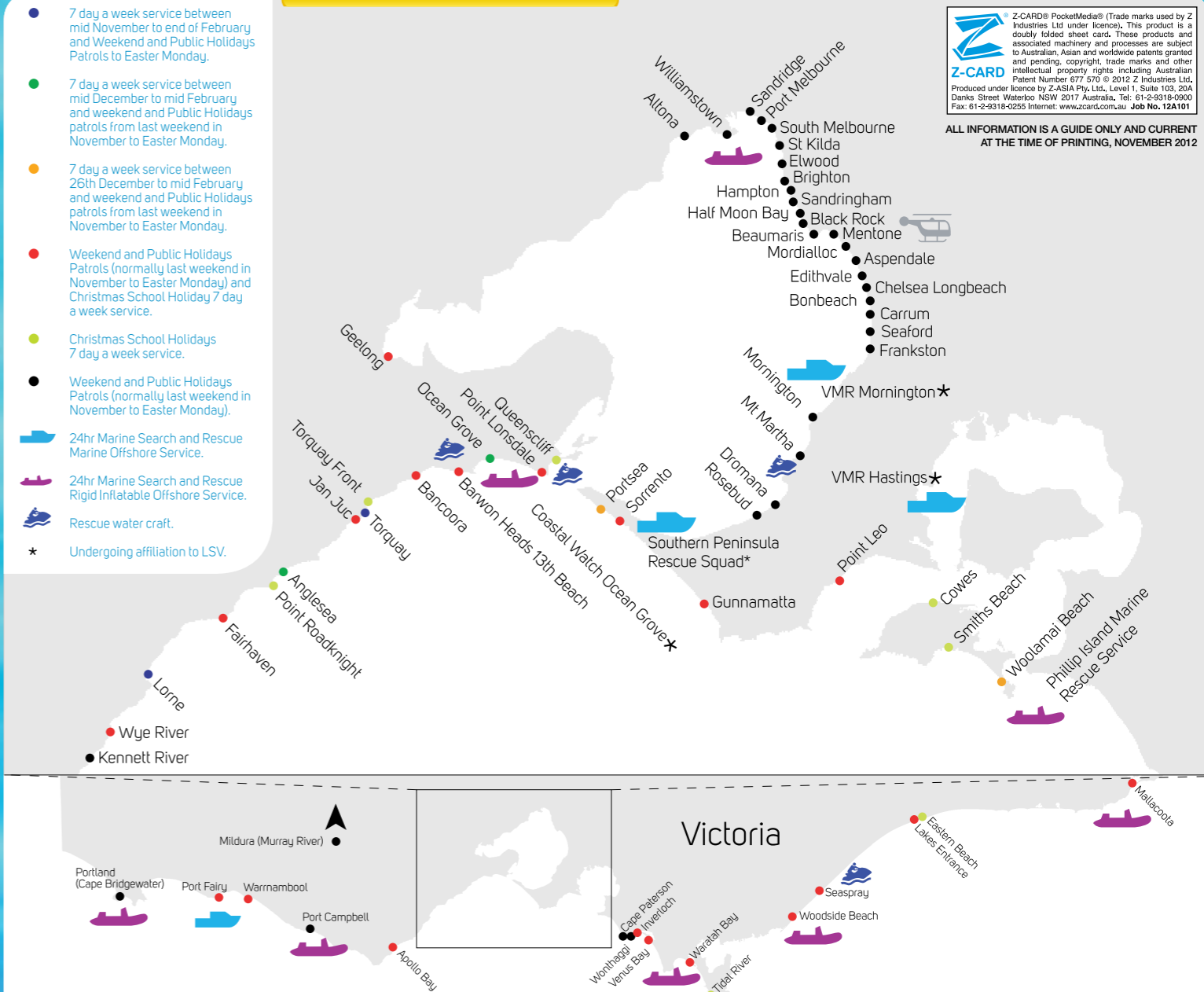
Rock fishing

If you are not properly prepared, rock fishing can be dangerous.

- Always wear a life jacket.
- Wear light safety clothing and cleated shoes.
- Carry safety gear, including ropes, buckets and a mobile phone and/or EPIRB (Emergency position-indicating radio beacon).
- Never fish alone - one person should watch the sea at all times as conditions can change quickly.

lifesavingvictoria.com.au

Life jackets save lives



Patrolled beaches in Victoria

WHEN ARE THE BEACHES IN VICTORIA PATROLLED?

Life Saving Victoria patrols operate when the red and yellow flags are displayed by lifesavers. This normally occurs on weekends and public holidays, between the last week in November to Easter Monday. For further information visit lifesavingvictoria.com.au

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