

Water Safety Tips

Remember the Water Safety Code

1. Be prepared

Learn to swim and survive.

Set rules for safe play in the water.

Always use safe and correct equipment and know the weather and water conditions before you get in.

2. Watch out for yourself and others

Always pay close attention to children you are supervising when in or near water.

Swim with others and in areas where lifeguards are present.

3. Be aware of the dangers

Enter shallow and unknown water feet first and obey all safety signs and warning flags.

DO NOT enter the water after drinking alcohol.

4. Know your limits

Challenge yourself within your physical limits and experience.

Learn safe ways of rescuing others without putting yourself in danger.

Beach Safety Tips – provided by Surf Lifesaving New Zealand

- 1. Find a beach that is patrolled** - be prepared (www.findabeach.co.nz)
- 2. Listen to the advice of lifeguards.**
- 3. Always keep an eye on children in the water.**
- 4. Get a friend to swim with you** - never swim or surf alone.
- 5. Stay between the flags.**
- 6. Watch out for that rip** - rips are calm patches of water that can sometimes have waves breaking to the side. Rippled, discoloured or foamy water with debris can also mean there is a rip present.
- 7. Be smart around rocks:** Whether fishing or exploring at the beach, rocky outcrops can be very dangerous in large surf. When fishing, always wear a lifejacket. Never stand on a rock outcrop that is already wet (a sure sign waves will be washing over it) and always face the ocean; never turn your back on the sea.

Boating Safety Tips – provided by Coastguard

1. Life Jackets: Take them – Wear them

Boats, especially ones under 6m in length, can sink very quickly. Wearing a life jacket increases your survival time in the water.

2. Skipper Responsibility

The skipper is responsible for the safety of everyone on board and for the safe operation of the boat. Stay within the limits of your vessel and your experience. Take a Coastguard Boating Education Course, like Day Skipper, Boatmaster and marine VHF radio training - www.boatingeducation.org.nz

3. Communications

Take two separate waterproof ways of communicating so we can help you if you get into difficulties.

4. Marine Weather

New Zealand's weather can be highly unpredictable. Check the local marine weather forecast before you go and expect both weather and sea state changes.

5. Avoid Alcohol

Safe boating and alcohol do not mix. Things can change quickly on the water. You need to stay alert and be aware.

Water Safety Tips for Parents/Caregivers of Pre-Schoolers – provided by WSNZ

Keep under fives within arm's reach at all times - It only takes sixty seconds and around five centimetres of water for a child to drown.

- Always empty and store paddling pools and water containers after use and ensure you have a safely fenced play area.
- Identify water hazards in and around your home and ensure your children can't reach them.
- If you're in a group of people, ensure you have an active supervision roster so you know who is watching the children at all times.
- Make sure older children don't have to take responsibility for younger children.
- Teach your children water safety behaviour from as soon as they are old enough to understand, things like: 'Never go near the water unless you're with a grown up'.

ENDS