

## 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  
domn.gov.au

UV ALERTS  
sunsmart.com.au

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

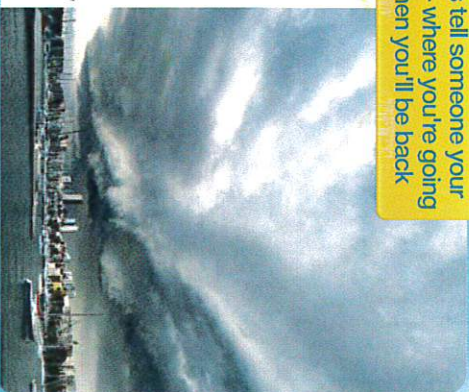
SURF REPORTS  
coastwatch.com.au

For surf reports, forecasts and surfcams.

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



## Parents supervise, lifeguards save lives

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/careers 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



## 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.

builditgcommission.com.au  
kidsafevic.com.au

## Never take your eyes off children around water



## 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

## 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

## 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



www.watersafety.vic.gov.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



## 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



