



## TOP TEN SAFETY TIPS

*“Never swim at a beach that isn’t patrolled by surf life savers. Always swim between the flags. Never Swim alone” says Nigel Taylor, Joint CEO Life Saving Victoria.*

1. Swim between the red and yellow flags;
2. Always swim at a beach patrolled by surf life savers;
3. Read and obey all warning signs;
4. If you are unsure of the conditions ask someone on the beach for advice. If you are still unsure, don’t go in the water;
5. Never swim alone;
6. If you get into difficulty, stay calm, float and raise one arm until help arrives;
7. Never run and dive into the water, even if you checked conditions earlier. Wave and tide conditions can change quickly;
8. Use 30+ sunscreen; wear a long-sleeve shirt and a broad brimmed hat
9. Learn how to spot a rip and keep clear of it;
10. Don’t swim under the influence of alcohol or drugs

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## HOW TO IDENTIFY A RIP

- ☞ Discoloured water due to sand being stirred off the bottom
- ☞ Deeper water close into shore where waves do not tend to break
- ☞ Foam on the surface extending beyond the break
- ☞ Waves breaking further out on both sides of the rip
- ☞ Debris floating seaward
- ☞ A rippled appearance, where the surrounding water is generally calm

## WHAT TO DO IN A RIP OR IF CAUGHT IN A RIP

- ☞ Relax
- ☞ Don’t panic. Stay calm, breathe in a regular and controlled manner, and tread water or float for a long time, even if you’re exhausted or suffering from the cramp. If you are tired or not an experienced swimmer, try to float out with the current.
- ☞ Float on your back and raise one arm to signal for help. Waving both arms makes it difficult to keep your head above the water.
- ☞ Float and wait for a lifesaver to rescue you. If not at a patrolled beach, swim parallel with the shore towards the breaking waves and use the wave to assist you in getting to shore.