

WATER SAFETY

Staying safe in and around the water



Life Saving Victoria

Life Saving Victoria (est. 2002) is an initiative of the Royal Life Saving Society Australia- Victoria Branch (est. 1904) & Surf Life Saving Victoria (est. 1947).

OUR MISSION

- ✓ Save lives
- ✓ Prevent injuries
- ✓ Enjoy the water



The Facts....

- In 2009/2010, 38 people drowned in Victoria
(3 more than in 2008/2009)
- In 2009/2010, 314 people drowned in Australia
(12 more than in 2008/2009)
251 Males and 63 Females
- According to Surf Life Saving Australia, approximately 20% of all drowning deaths are CALD related (International Students, International Tourists, Refugees)



At the Beach....

- Who are the trained professionals that patrol our beaches?
- What do they wear?
- What is their role?



The Role of a Lifeguard

- Perform rescues
- Prevent accidents
- Administer first aid
- Enforce safety rules
- Educate the community
- Find lost people

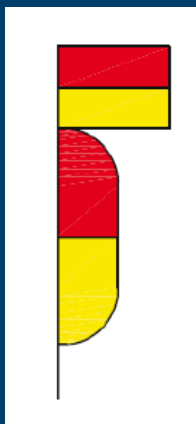


Safety Flags

- What colour safety flags are found at the beach?
- What does each flag mean?

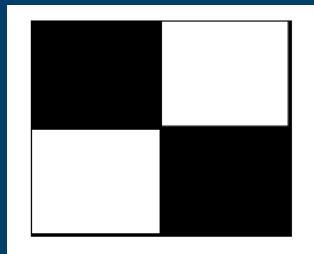


Safety Flags



Red & Yellow Feather Flag

Patrolled Area – the safest swimming area



Black & White Quartered Flag

Aquatic Activity Boundary – surfers/ boats must be outside this area



Red & White Quartered Flag

Emergency Evacuation- e.g. Shark sighting

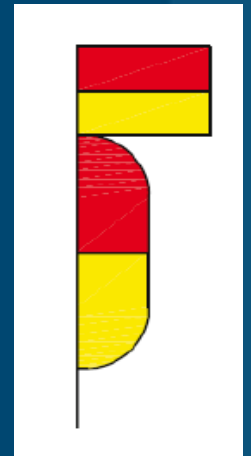


Safety Flags

Where is the safest place to swim at the beach?



*Always swim between the
Red & Yellow feather flags*



Dangers

What dangers are found at Inland Waterways
(rivers, lakes & dams)?



- Animal
- People
- Environmental



Dangers

What dangers are found at the beach?

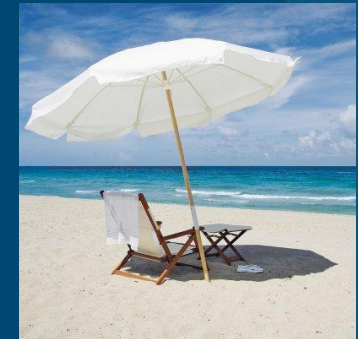


- Animal
- People
- Environmental



Being Sun Smart...

- ✓ **SLIP** – *on a shirt*
- ✓ **SLOP** – *on some sunscreen*
- ✓ **SLAP** – *on a hat*
- ✓ **SEEK** – *some shade*
- ✓ **SLIDE** – *on some sunglasses*



RIP Currents

- What is a RIP Current?



RIP Currents

- How can you spot a RIP Current?



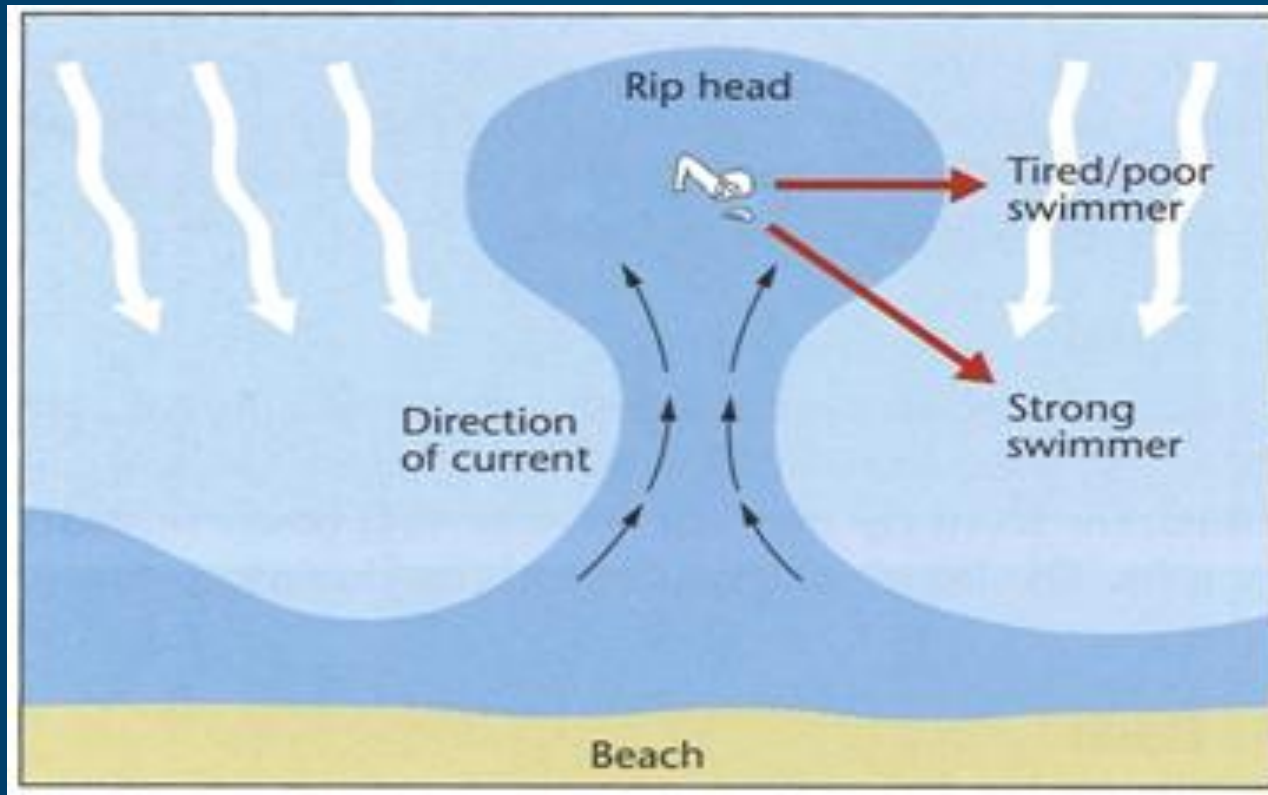
Low energy RIP Current



High Energy RIP Current



Getting out of a RIP Current



Calling for HELP!

1. Stay calm and float
2. Raise one arm in the air- Do not wave!
3. Call for HELP!



Rescues

'NEVER SWIM ALONE'

- Friends can help us or get help



Performing Rescues

- Should we get in the water or stay on land?

Order of Priority

- Who is the most important person in a rescue?

1. YOU

2. BYSTANDERS

3. PATIENT



Safety Signage

Always read the signs!

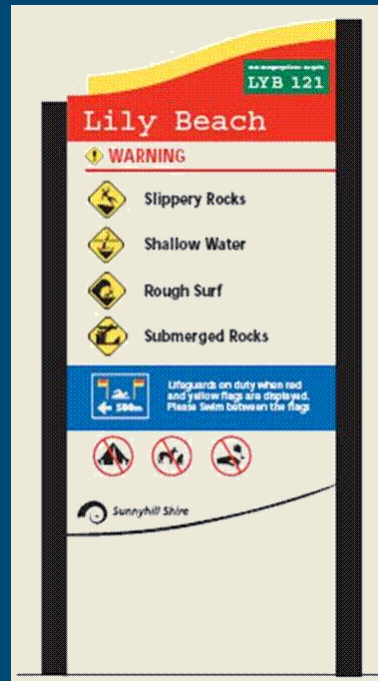
- Regulatory



- Warning

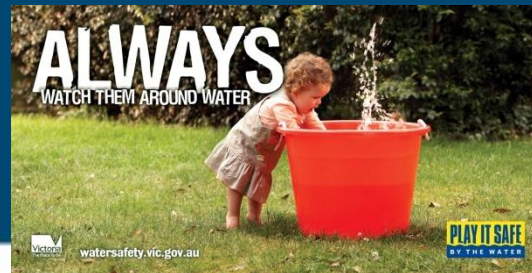


- Informative



Key Water Safety Messages

- Swim Between the **Red** & **Yellow** Feather Flags
- Never Swim Alone
- Stay Calm and Call for HELP!
- Always Read the Signs
- Be Sun Smart
- Look Before You Leap
- Keep Watch Around Water



Conclusion



- Questions?
- Information on water safety & beach location in the 'Sink or Swim- Water Safety Guide'
- *Thank you and enjoy the water!*

