

GO TOGETHER

Never swim alone. If you get in trouble there will be someone to help.



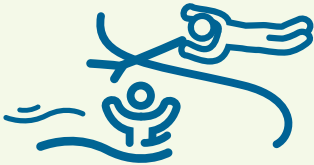
FLOAT AND WAVE

If in trouble in the water, stay calm, float on your back and wave to attract attention.



REACH TO RESCUE

Don't jump in if someone is in trouble in the water, reach with a stick or throw a buoyant aid.



WEAR A LIFEJACKET

Wear a lifejacket when going boating – these can save lives when an accident occurs.



READ THE SIGNS

Look for and read signs that may alert you to dangers and inform you where you can swim.



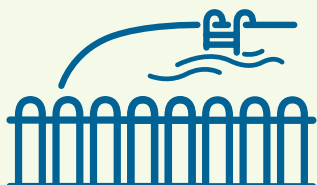
SUPERVISE CHILDREN

Always actively supervise children when in and around water.
Keep within arms' reach.



**FENCE THE POOL,
CLOSE THE GATE**

Home pools must be fenced with a self-closing and latching gate.
Always keep the gate closed.



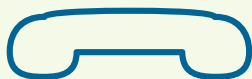
LEARN RESUSCITATION

Be prepared for an emergency by learning resuscitation (CPR) and update your skills annually.



CALL FOR HELP

Phone Triple Zero (000) immediately and ask for an ambulance.
Stay on the phone, don't hang up.



TRIPLE 000

**LEARN TO SWIM
AND SURVIVE**

Be a good water sport – learn swimming and water safety for safer participation and a lifetime of fun!



Royal Life Saving Society – NSW

ACT (02) 6260 5800	SA (08) 8234 9244
NSW (02) 9634 3700	TAS (03) 6243 7558
NT (08) 8927 0400	VIC (03) 9676 6900
QLD (07) 3823 2823	WA (08) 9383 8200

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

www.royallifesaving.com.au