

Helpful everyday floats that can help you when you need them: paddleboard, boogie board, surfboard, noodle

Surf lifesavers will answer your questions, watch over you and keep an eye out for swimmers in the water

Beach signage shows you what is safe, where the hazards are

Never dive into open water

Red and Yellow flags show you where to swim - **NO FLAGS? DON'T SWIM THERE!**

If you start to feel overwhelmed in the water - don't panic - try floating, breathe slowly, tread water, wait to be rescued, signal by raising one arm and call out.

If the water is cold - wear a wetsuit to help keep you warm

Never try to swim against a rip - you will become tired and may exhaust yourself.

Enter the water slowly and feet first

Walk, don't run

Wade to knee or thigh deep

Never swim alone

Always check tidal conditions with an adult and check your local beach safety app

## SWIM SAFETY THINGS TO KNOW



TREAD  
WATER



WAVE

For further information about  
Deaf Children Australia  
[deafchildrenaustralia.org.au/puggles](https://deafchildrenaustralia.org.au/puggles)

03 9539 5300 or email  
[communications@deafchildren.org.au](mailto:communications@deafchildren.org.au)



puggles

[deafchildrenaustralia.org.au](https://deafchildrenaustralia.org.au)

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WATER.

Deaf  
Children  
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Swim  
COACHES & TEACHERS  
AUSTRALIA  
Sunnyskyes

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REMEMBER:  
**ADULT**  
SUPERVISION AT ALL TIMES