

TAKE A...

Kick board
Pool noodles
Life jacket
Sunscreen
Dry box for your hearing aids
Drink bottle
Hat
Reef or beach shoes

ALWAYS

Go in feet first
Don't jump in
Make sure you only go thigh deep
Check for life guards
Swim between the flags
Stay calm in the water

If the waves are large - don't go in the water.

Keep an eye out for rips and currents (ask a Surf Life Saver to show you)

Don't walk out on reef beds

Don't swim if the water looks dirty or full of sticks and rubbish.

SWIM SAFETY THINGS TO REMEMBER



REMEMBER:
ADULT
SUPERVISION AT ALL TIMES



SHOES



SUNSCREEN



DRINK BOTTLE



LIFESAVER



LIFE JACKET



For further information about
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puggles

deafchildrenaustralia.org.au

**OPEN
WATER.**

**Deaf
Children
Australia.**

Swim
COACHES & TEACHERS
AUSTRALIA
Sunnyskyes

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