

**NO GLASS  
ALLOWED**

**FISHING  
PERMITTED**

**LIFEJACKETS  
PERMITTED**



**WATERSKIING  
PERMITTED**

**NO FISHING**

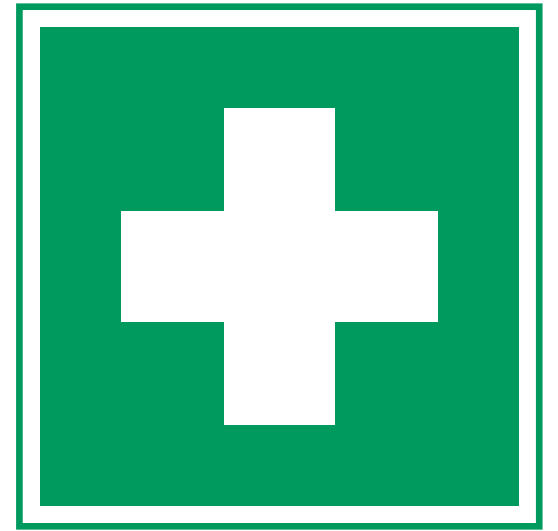
**NO FIRES**



**NO JETSKIING**

**NO BOATING**

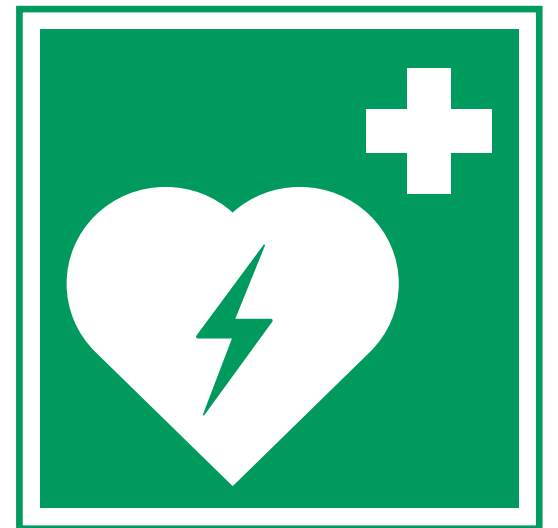
**STRONG  
CURRENTS**



**NO DIVING**

**JELLY FISH  
PRESENT**

**FIRST AID**



**NO  
SWIMMING**

**DEEP WATER**

**DEFIBLERATOR**



**NO WATER  
SKIING**

**BOATING  
PERMITTED**

**JETSKIS  
PERMITTED**

REACH



THROW



BOTH



**RESCUE RING**

**ESKI**

**LIFE JACKET**



**POLE/STICK**

**ROPE**

**BALL**



**KICKBOARD**

**REACH  
RESCUE**

- Rescue ring
- Life Jacket
- Pole / Stick
- Kickboard

**THROW  
RESCUE**

- Rescue ring
- Esky
- Life Jacket
- Rope
- Ball
- Kickboard



# SIGNALLING FOR HELP



## WHEN

It is necessary to signal to someone for assistance.

## HOW

- Use the most suitable floating, sculling or treading-water position.
- Raise one arm above the head with an OPEN hand.
- Wave and shout for **HELP**.
- Stay calm.



# SAFE ENTRIES & EXITS

(Suggestion: safely use a crash mat/step for entries, and edge of stage for exits and slide in entry)



## 1] STEP IN ENTRY

When: Water is clear, depth known and the bottom free from obstacles



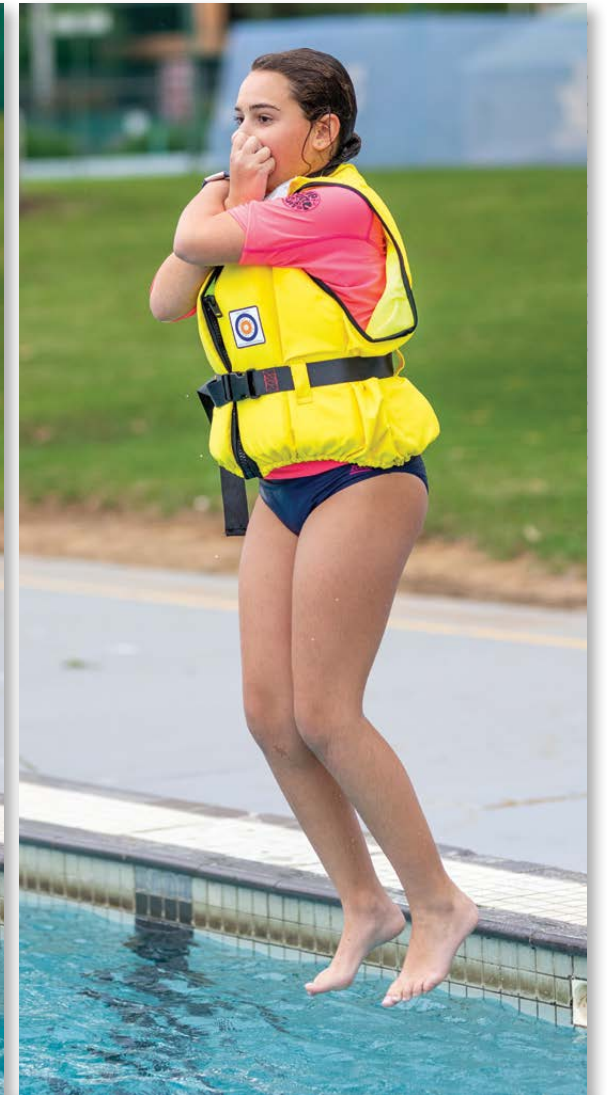
## 2] WADE IN

When: The water is shallow and the conditions are unknown



## 3] COMPACT JUMP

When: Entry from a height required.  
Feet first is safer than head first entry





# SAFE ENTRIES & EXITS

(Suggestion: safely use a crash mat/step for entries, and edge of stage for exits and slide in entry)

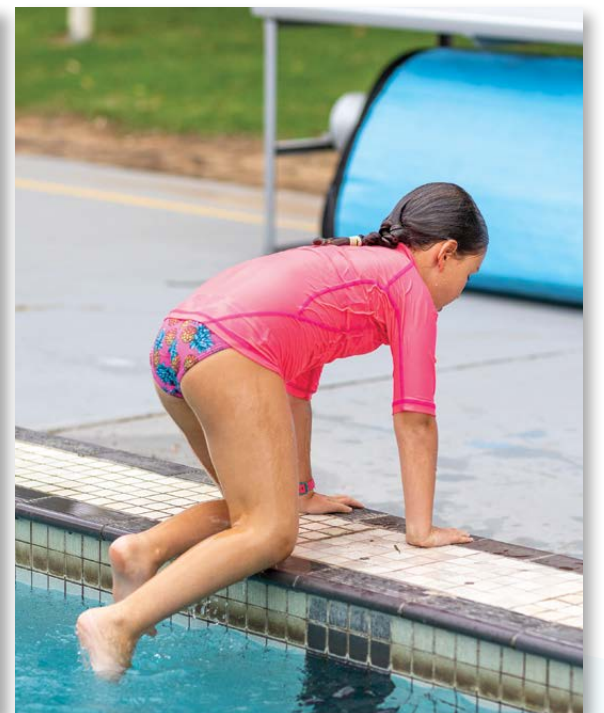
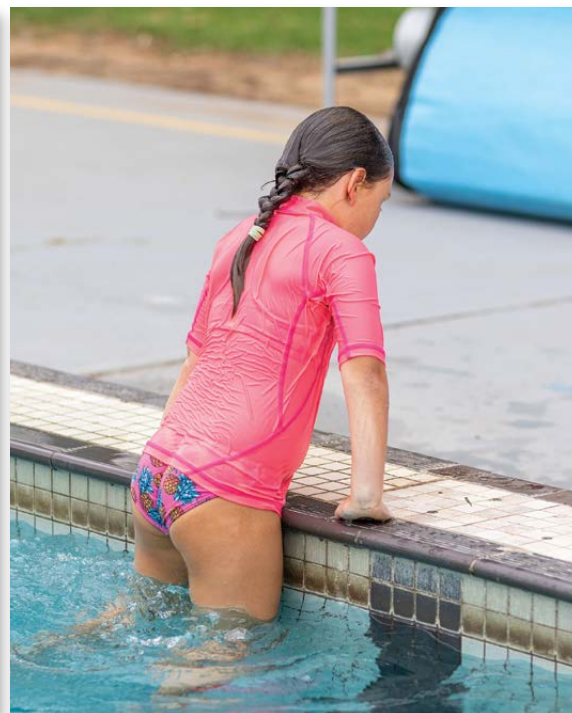
## 4] SLIDE IN ENTRY

When: The depth of the water and state of the bottom are unknown



## 5] DEEP WATER EXIT

When: An exit from deep water is required





# SAFE ENTRIES & EXITS

(Suggestion: safely use a crash mat/step for entries, and edge of stage for exits and slide in entry)

## 6] STRIDE IN ENTRY

When: A rescuer needs to watch a person in difficulty and entry is made from a height



Step out from a standing position



Expand one leg forwards and the other leg backwards



Extend arms and slightly forwards



On entering the water press down with the arms and scissor the legs

## 7] ACCIDENTAL FALL IN

When: A fall occurs unexpectedly



Tuck head and draw knees to chest. This action is like tucking into a ball







# CAN YOU SPOT THE RIP?





# CAN YOU SPOT THE RIP?





# CAN YOU SPOT THE RIP?





# CAN YOU SPOT THE RIP?





# CAN YOU SPOT THE RIP?





# CAN YOU SPOT THE RIP?





# CAN YOU SPOT THE RIP?





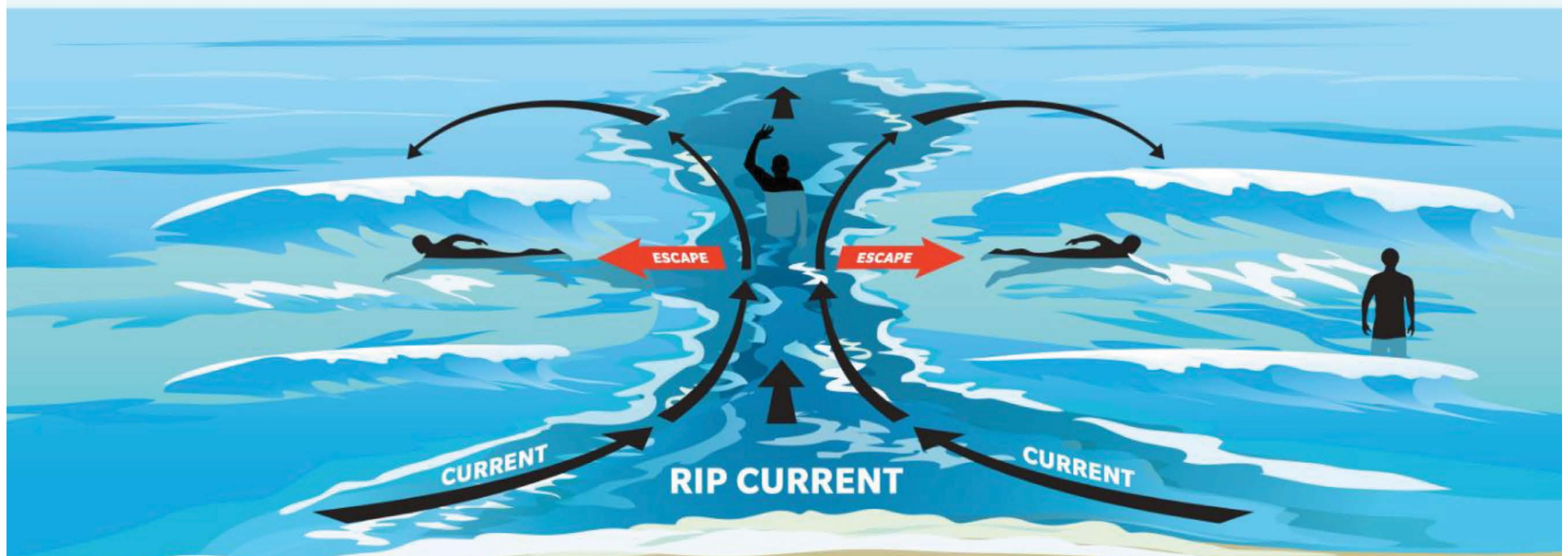
# CAN YOU SPOT THE RIP?

**Please note:** There are more rips along the beach than those indicated by the arrows. It is important to remember that some beaches may have many rips!





YOU CAN SURVIVE A  
**RIP CURRENT**  
BY KNOWING YOUR OPTIONS



**AVOID RIP CURRENTS – ALWAYS SWIM BETWEEN THE RED AND YELLOW FLAGS**

IF YOU'RE CAUGHT IN A RIP CURRENT, STAY CALM, CONSERVE YOUR ENERGY AND CONSIDER THESE OPTIONS



**RAISE** AN ARM AND  
CALL OUT TO SEEK HELP



**FLOAT** WITH THE CURRENT. IT MAY  
RETURN YOU TO A SHALLOW SANDBANK



**SWIM** PARALLEL TO THE BEACH.  
YOU MAY ESCAPE THE RIP CURRENT



# SPOT THE DANGERS

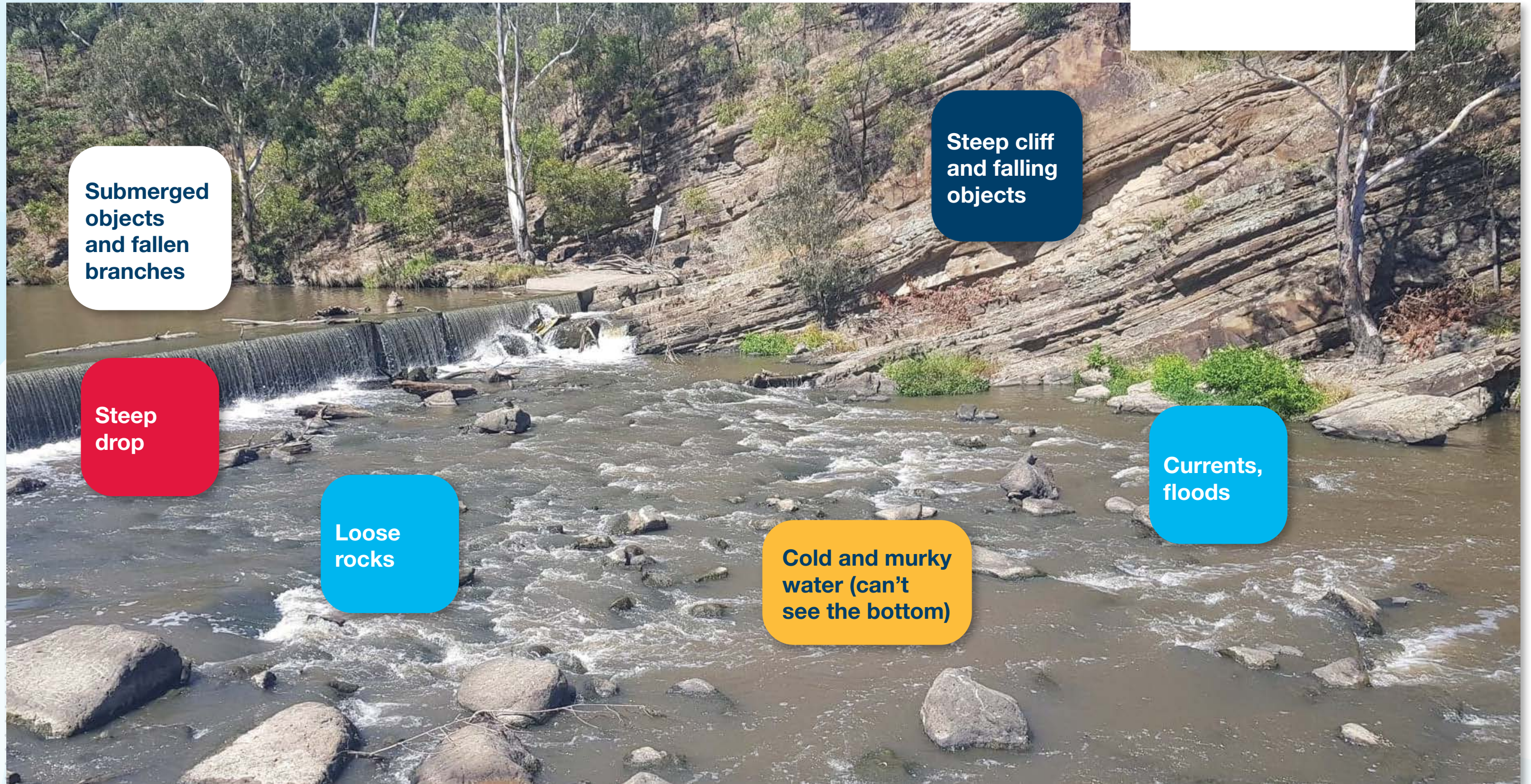
How many  
can you  
find?





# SPOT THE DANGERS

## ANSWERS



Submerged  
objects  
and fallen  
branches

Steep  
drop

Loose  
rocks

Steep cliff  
and falling  
objects

Cold and murky  
water (can't  
see the bottom)

Currents,  
floods



# SPOT THE DANGERS



**How many  
can you  
find?**



# SPOT THE DANGERS

## ANSWERS





## Image credits

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