

Water Safety Tips

University of Auckland



New Zealand waters

- New Zealand has beautiful beaches, rivers and lakes
- But they can be challenging
- Learn our water safety code to help you stay safe.





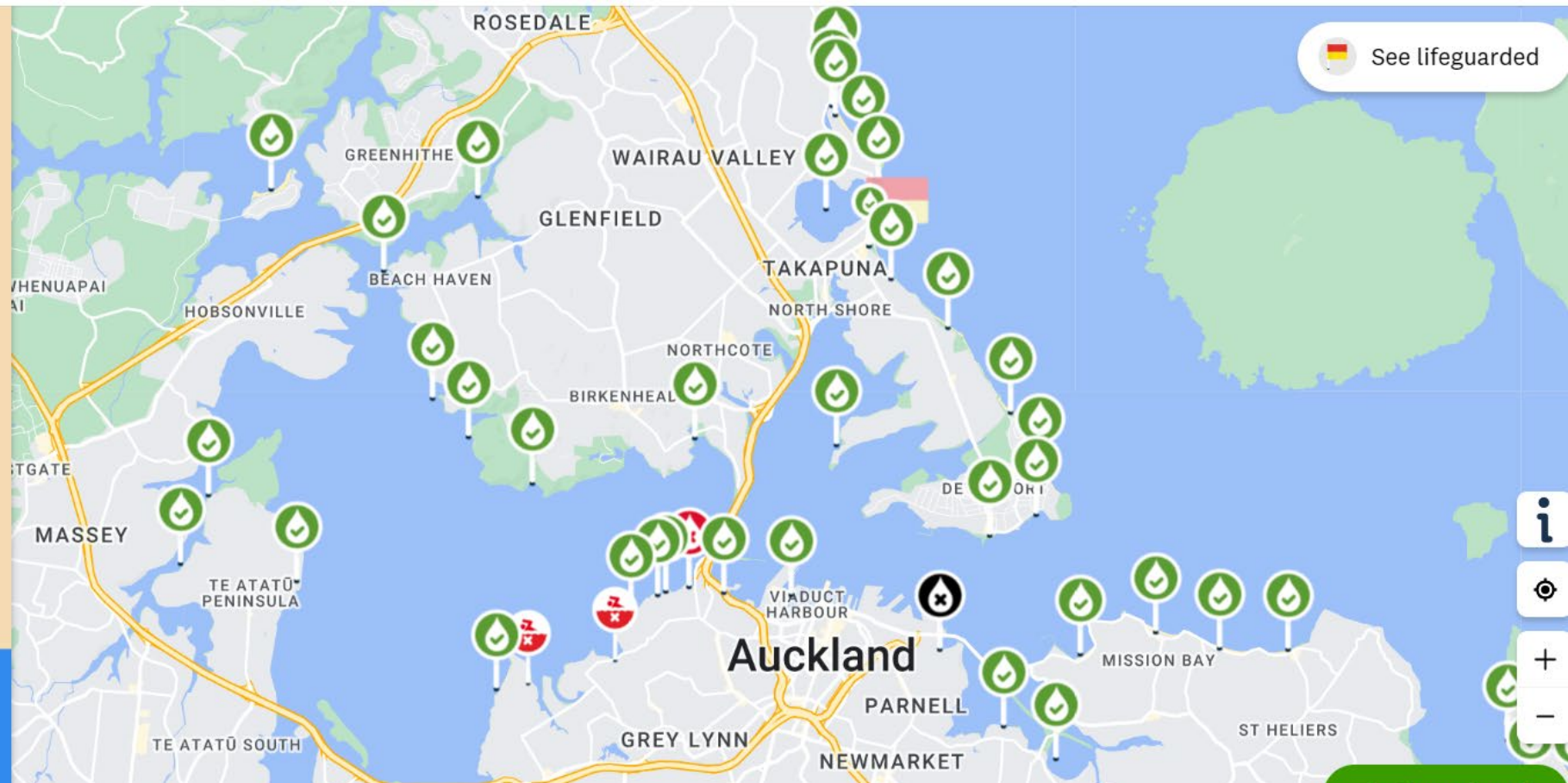
Find the safest place to swim

Go to [Safeswim.org.nz](https://safeswim.org.nz) to find the safest place to swim



Decide with **Safeswim**

Safeswim gives you up to the minute information on water quality and swimming conditions at your favourite swimming spots.



Beach safety

Find a lifeguarded beach and always swim between the red and yellow flags

Always swim with a buddy and take care of others



Know how to float

- If you fell into the ocean or a river, what would you do?
- Fight your instinct to swim and Float first until breathing is under control
- Practice floating at your local pool

FLOAT
first



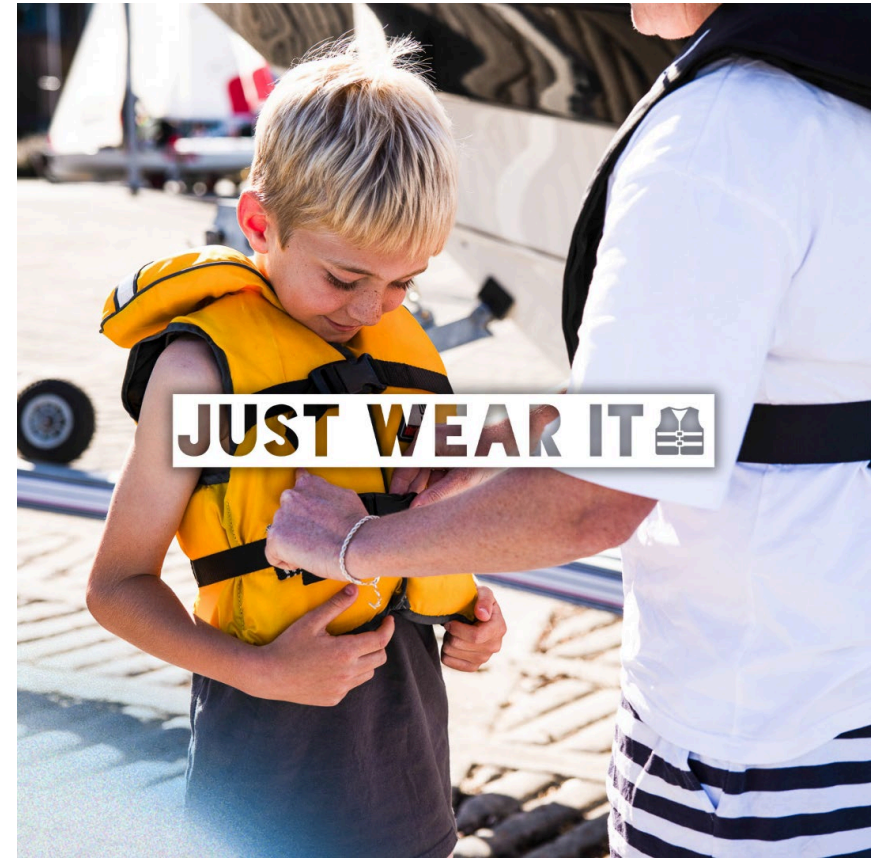
Be prepared



- Check the weather, water conditions and tides.
- Wear a lifejacket
 - on all small boats and craft
 - and when rock fishing.
- Lifejackets can be borrowed from hubs around Auckland.

If in doubt, stay out

Wear a lifejacket



4. Know how to get help



- Phone 111 and ask for Police
- Tell a lifeguard
- Don't enter the water to rescue.
- If in trouble in the water – raise your hand.