



Know your limits

- Challenge yourself within your physical limits and experience.
- Think about what you can and can't do in the water.
- Being in the water will make you tired. Get out before you've reached your limit. Cold water will make it worse.
- Always know that the weather or water conditions are stronger than you.
- It's ok to pull the plug on your activity – there will always be tomorrow.

For more information about how to be safe in, on or around water check out:

Watersafety.org.nz

for news, education and information

Saferboating.org.nz

for safe boating tips

Maritimenz.govt.nz

for boating and marine information

Boatingeducation.org.nz

Coastguard Boating Education

Metservice.co.nz
or **Metservice Marine App**

for weather conditions

Marinemate App

for local bylaws, boat ramps and boating tips

Coastguard NZ App

for trip reports

Boatie's best mate App

for Coastguard membership
and boating safety resources

**In the event of an emergency
dial 111 and ask for Police**



Enjoy the water but know how to recognise danger

Drowning
is the number

1 cause of
recreational
death

2nd highest cause
of death by
unintentional
injury for
1 – 24 year olds

3rd highest cause
of accidental
death in
New Zealand

Know the water safety code

Tiaki to whanau
kia hoki haumaruru ai koutou
– Look after your whanau so
you all return safely.



Be prepared

- Akona te kauhoe – learn to swim & survive.
- Set rules for being safe in the water like checking your equipment and water conditions.
- Whakamaua nga kakahu toiora – Wear a lifejacket/buoyancy aid.
- Kia mataara ki te rangi, te hau, me nga tai – Be alert to changing marine conditions.

**On average*
79 people die every
year by drowning.
Deaths which could
have been prevented.**

Watch out for yourself and others

- Always actively supervise children around water and keep under 5s within arm's reach at all times.
- Swim with others and in areas where lifeguards are present. Don't swim alone.
- Never go diving or fishing for kai alone or with a medical problem. If you get into trouble there's no one to help.

Be aware of dangers

- Check for safety signs, warning flags, currents and rips.
- Enter shallow and unknown water feet first.
- It may be easy getting into water, but can you get out?
- Your clothing in the water may drag you down.
- Drugs or alcohol may make you do stupid things in the water and you may not be able to react well if something goes wrong.

*Five year average 2014 – 2018.