

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



Kia Maanu Kia Ora Stay Afloat Stay Alive

Enjoy the water but know how to recognise danger

Drowning is the number

> cause of recreational death

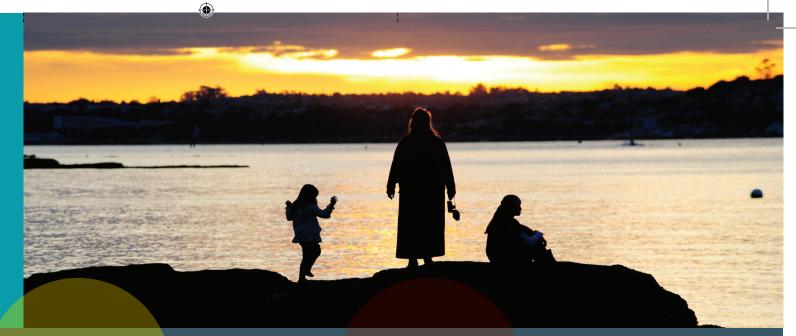
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highest cause of death by unintentional injury for 1 – 24 year olds

rd

highest cause of accidental death in New Zealand

Know the water safety COCE Tiaki to whanau kia hoki haumaru 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.

*Five year average 2014 – 2018.

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.

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