



# ROYAL LIFE SAVING NSW OFFICES

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## INLAND WATER SAFETY *go with the flow*



This is a joint initiative between  
Royal Life Saving NSW and  
Wagga Wagga City Council



## MINIMISE THE RISK

30% of drowning deaths occur in natural water environments - rivers, lakes and dams. Some causes of drowning deaths that occur in these areas are, currents can prove dangerous, water conditions can change hourly, changes in seasonal patterns for example: heavy rainfall and increases of water released from storage areas.

### TO MINIMISE THE RISK:

- Always enter the water slowly, feet first and never dive in
- Riverbeds may be uneven, unstable or slippery, so beware
- Never swim in fast flowing water. Check the speed first by throwing in a twig to see how fast it travels
- Never swim alone
- Beware of submerged objects such as trees, branches, rocks and discarded rubbish
- Look for eddies and swirling water, this may indicate rocks or snags just below the surface
- Be sure of your own swimming ability
- Swim Safe, Swim Sober
- Always wear a PFD when in a water craft

**30% OF DROWNING DEATHS OCCUR IN NATURAL WATER ENVIRONMENTS**

**DO NOT STRUGGLE AGAINST THE CURRENT.**

*go with the flow*

## WATER SURVIVAL TIPS

If you are caught in a river current stay calm. You can stay afloat for a long time, even if you are exhausted.

### SOME THINGS TO REMEMBER ARE:

- Float on your back, feet first, to protect your head from impact with any object
- Try to remain as horizontal as possible to assist with buoyancy
- Use any available buoyant object to assist with floatation
- Remain as still as possible, to conserve energy and reduce heat loss
- Stay calm, breathe in a regular and controlled manner
- To attract attention raise one arm above the water
- Do not struggle against the current. Go with the flow
- If you must swim, use slow, relaxed strokes

To have fun and enjoy the water activities it is important you learn as much as you can about the nature of the water; dangers of the aquatic environment; rules of behaviour around water and how you can offer help in an emergency.

## HEIGHTENED RISK

Factors which can heighten your risk of drowning are:

- Swimming alone
- Swimming under the influence of drugs/alcohol
- Swimming in fading light or at night
- Swimming in unfamiliar waters
- Not a confident and competent swimmer

Further information can be found at [www.royalnsw.com.au](http://www.royalnsw.com.au) or contacting your local NSW Royal Life Saving Society office.

**IF YOU ARE CAUGHT IN A RIVER CURRENT, STAY CALM. YOU CAN STAY AFLOAT FOR A LONG TIME, EVEN IF YOU ARE EXHAUSTED.**