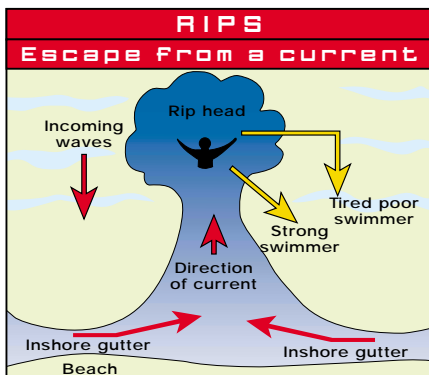


How to spot a rip

Rip currents are identified by the following:

- Discoloured brown water caused by sand stirred up from the bottom
- Foam on the surface extending beyond the break
- A rippled appearance, with waves breaking on both sides of the rip, but not inside the rip
- Items on the water's surface, floating seaward on the surface of the rip



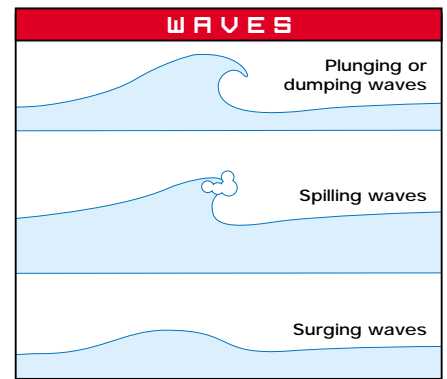
If you are caught in a rip

- Do not panic. Tread water or float and let the current take you
- Raise one arm to signal for help from a lifesaver
- Never try and swim against a rip. Float out with the current and when past the breakers, swim across the rip, parallel to shore. When out of the rip, swim back to shore

Be Sun Safe

SLIP on a shirt
SLOP on sunscreen
SLAP on a hat and
WRAP on some sunglasses

FLAGS AND SIGNS

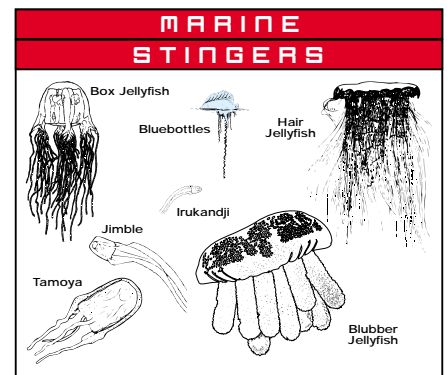


Plunging or dumping waves

break suddenly and can push swimmers to the bottom with great force, causing injury. Never try and bodysurf on a dumping wave!

Spilling waves usually have less force and are the safest for body surfing. They are usually found in sheltered bays or near sandbanks.

Surging waves may never actually break as they approach the water's edge, as the water below them is very deep. These waves can knock swimmers over and drag them back into deeper water.



Common Name and Location	Treatment
Bluebottles Jimble / Tamoya Hair Jellyfish Blubber Jellyfish Australia Wide	Wash off with water apply ice.
Irukandji (only 2cm diameter) North Australia	Call for an ambulance, apply CPR (if needed), pour vinegar onto the sting, Seek medical aid.*
Box Jellyfish North Australia	Call for an ambulance, apply CPR (if needed), pour vinegar onto the sting, Seek medical aid.*

*Urgent medical attention is critical CPR/EAR may be required if breathing stops





IF WE CAN'T SEE YOU WE CAN'T SAVE YOU

REMEMBER THE F-L-A-G-S AND STAY SAFE



F Find the flags and swim between them. The flags represent the area patrolled by lifesavers and lifeguards. They mark the safest place to swim at the beach.

L Look at the safety signs. The safety signs help you identify potential dangers and daily conditions at the beach. These are located at beach access points and at the flagged areas. Please read them carefully before entering the water.

A Ask a lifesaver for some good advice. Surf conditions can change quickly (water depth, currents, wave size and type). Talk to a lifesaver or lifeguard before entering the water.

G Get a friend to swim with you. Always swim with a friend so you can look out for each other's safety and get help if needed. Children should always be supervised by an adult.

S Stick your hand up for help. If you get into trouble in the water, stay calm. Raise your arm to signal for help, float and wait for assistance. Float with a current or rip. Don't try and swim against it.

NEVER

- Never swim at unpatrolled beaches
- Never swim at night
- Never swim under the influence of alcohol or drugs
- Never run and dive into the water
- Never swim directly after a meal

BE A LIFESAVER

It's easy to join the life of the beach. You'll learn new skills, meet great people and keep fit at the same time. Simply contact your local Surf Life Saving Club or your State Office listed.

CONTACT US

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PLEASE CONSIDER DONATING

Tax deductible donations are urgently needed to help fund vital rescue equipment and to train surf lifesavers. Donations can be made by posting to GPO Box 9950 in your capital city or by phoning 1300 78 2020

