

## FACT SHEET 4 Water Safety



### **Takapuna Grammar School** *International Department*

The Auckland region is surrounded by some magnificent waterways. We are blessed with two harbours, the Manukau and the Waitemata, East and West Coast beaches and numerous creeks, streams and waterways. Our school has the harbour and beaches on its boundary.

Compared to the rest of New Zealand, the Asian new migrant population are more likely to drown in the Auckland region. 36.7% of all Asian drownings in New Zealand, occurred in the Auckland region. A large number of these drownings were fishing related. The rocky foreshore and surf beaches accounted for 33% of all Asian drownings (

Being 'WaterSafe' is important for New Zealanders. The physical nature of our country; the length of the coastline; the accessibility to rivers and lakes; the relative affordability of visiting a community pool and the popularity of private pools – all increase the need to be 'WaterSafe'.

#### **Be WaterSafe -at community pools**

- Remember – swimming lessons do not prevent drowning. A young child who can swim still requires close supervision.
- Swim schools are listed either in the yellow pages of the local telephone book or on [www.swiminfo.co.nz](http://www.swiminfo.co.nz)
- For more information visit [www.swimmingnz.org.nz](http://www.swimmingnz.org.nz)

#### **WaterSafe - at the beach**

**Lifeguards at our patrolled beaches offer the following beach safety tips.**

- Swim only at lifeguard patrolled beaches
- Always swim between the red and yellow flags. Lifeguards are trained to

assess the safest areas for swimming and they mark those areas with red and yellow flags.

- Listen to advice from lifeguards - they are experienced and trained to assist.
- Follow the advice of safety signs
- Always swim with a friend and under adult supervision
- Never run and dive into the water before checking the depth.
- Never swim under the influence of alcohol or drugs
- Don't depend on flotation devices as you can lose them. Use a safety leash with a boogie board or surf board.
- Be aware of rip currents. Learn how to read the water so you may recognize dangers and judge areas of water space more safe for family use.
- Don't wear long clothing in the water
- If you get into trouble raise your arm for assistance, float and wait for help
- Stay out if in doubt about the surf conditions or your own ability
- For more information on surf beaches visit [www.lifesaving.org.nz](http://www.lifesaving.org.nz)

#### **Be WaterSafe - rock fishing**

**Rock fishing is an increasingly popular recreational past-time and a means to catch a meal.**

**Rock fishing tips - to assist in keeping your day in the sea air a safe experience:**

- Learn to swim.
- Check the swell, weather and tide forecast before choosing your fishing location.
- The tidal range can be up to 4 metres or more and there is often a swell. Rock fishing is not advised during high swells.
- Be cautious where the swell is rising on an incoming tide. Fishing can be unsafe at these times as you can be cut off from an escape route.
- Wear lace up sports shoes and never wear gumboots
- Wear a buoyancy aid such as an inflatable lifejacket
- Tell somebody where you are going and when you will return
- Fish with experienced people and never fish alone
- Follow the advice of safety signs

## FACT SHEET 4 Water Safety

- Watch the ocean and waves for 10 minutes before moving onto the rock platform.
- Avoid surf spray or wet rocks that have been swept by spray
- Never turn your back on the ocean. Be prepared to quickly climb to safety.
- Many locations get covered or cut off by the incoming tides.
- Have an escape route for large waves and incoming tides
- Explore unfamiliar locations on an outgoing tide.
- If a fish or equipment is swept into a dangerous area or the ocean, leave it there.
- Carry a rope, first aid kit, flashlight and a handheld flare.
- Know how to find help and have a method to contact this help.
- If in doubt about the conditions or your own ability find a safer location.

Visit: [www.lifesaving.org.nz](http://www.lifesaving.org.nz)



### Be WaterSafe – Boating

Maritime Rule Part 91 - the Navigation Safety Rule

The Navigation Safety Rule - 'Maritime Rule Part 91' - became law on March 21, 2003 and sets out a 'code of conduct' for all vessel operators' behaviour.

- Skipper responsibility
- The carriage of buoyancy aids
- The speeds for operating boats and where they can be operate;
- The age requirement for driving power boats
- Dangerous wakes caused by boats
- Water skiing rules and anchoring rules

### Good basic rules to aid your safety

- Make sure that you do a basic Coastguard Dayskipper course
- Always tell someone where you are going and when you will be home
- Call Coastguard (VHF ch 86, or \*500 on cellphone) and make a trip report
- Join your local Coastguard

For more information on boating visit

[www.cbcs.org.nz](http://www.cbcs.org.nz) or

[www.coastguard.org.nz](http://www.coastguard.org.nz)

For more information on water safety visit WaterSafe Auckland at

[www.watersafe.org.nz](http://www.watersafe.org.nz) or

Water Safety New Zealand at

[www.watersafety.org.nz](http://www.watersafety.org.nz)