



Water Safety



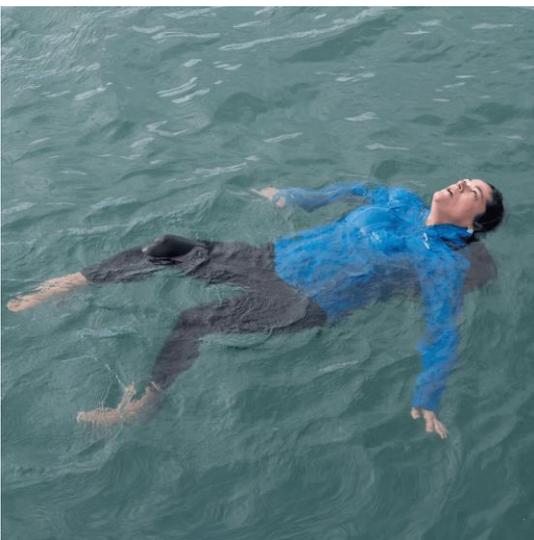
Know how to float



If you are trying to swim and finding it hard to breathe, you will need to **float**.



To **float** means to stay on top of the water instead of sinking.



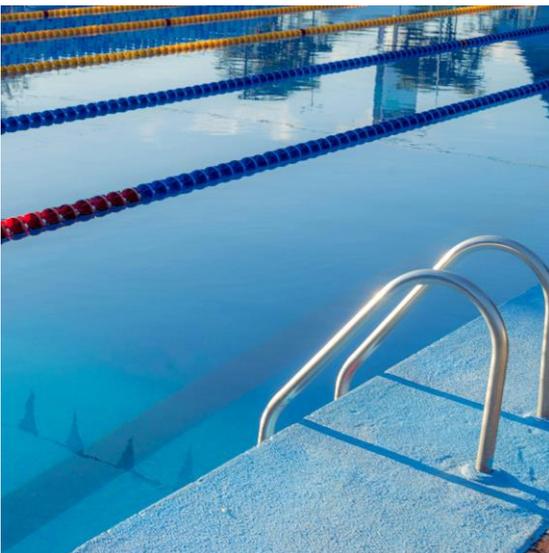
Float on your back with the back of your head and your ears in the water.



Floating will help you stay alive.



Try to relax and breathe normally while floating on your back.



Try to practice floating in a pool you find easy to get around.

Find the safest place to swim



Look around for dangers like rocks, waves, or strong **currents**.



Currents are water that moves fast and pushes you. Currents can pull you away.



Choose a place that is easy and safe to get in and out.



Swim where there are lifeguards, if you can.



Look for signs and flags. They tell you if it is safe to swim.

For example, "Swim Between the Flags".



Warning signs might say something like "Danger, Strong Currents".

Only go in the water if you know it is safe



If the water looks unsafe or scary,
or you are not sure about
something, do not go in.



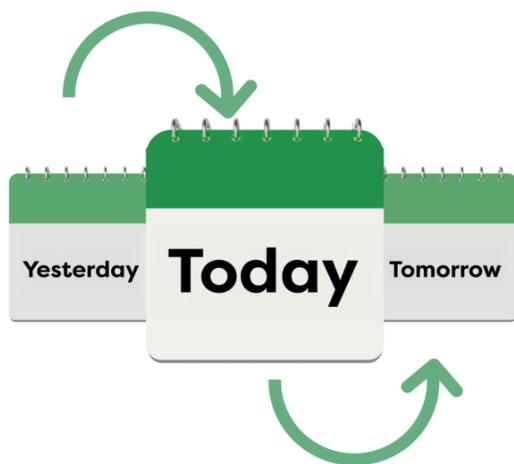
If you are not sure about your
swimming skills, do not go in.



If you are not sure if the weather is safe for swimming, do not go in.



The water in the ocean can change very quickly and become dangerous.



It is always okay to wait for another day to go swimming.

Take care of yourself and others



Always go with a friend. Do not swim alone.



Tell someone else where you are going and when you will be back.



Look after each other in the water and get out if someone feels tired or scared.



A life jacket helps keep your head above water so you can breathe and stay safe in deep water.



A **life jacket** is a special vest you wear to help you float in water.



You should wear a life jacket anytime you go on a boat, kayak, or jet ski.



Wear one when fishing from rocks or walking near deep water.



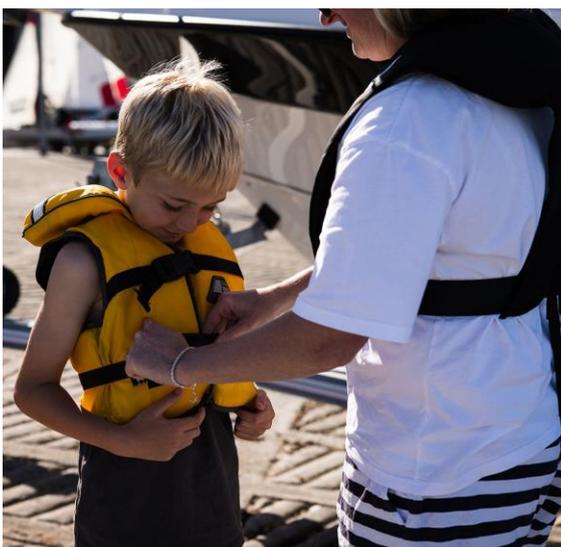
You should also wear one if you cannot swim well or the water looks rough.



Wear a life jacket that fits you.



Do up all the clips, straps, and zips so it stays tight.



Ask someone to check it is on the right way before you go near water.



If you are looking after children,
keep them very close to you near
water.



Always watch them very closely,
even in water that is not deep.

Know how to get help



Put 1 arm straight up and call out for help if you are in danger or struggling to swim or float in water.



If someone else is in danger or struggling to swim or float in water, call 111 and ask for the police.



Do not try to rescue them if it is not safe for you.



Call out to others for help quickly.



If you can, throw something in the water that floats.



Jessica Goodman translated this information into Easy Read.



David Corner checked this information to make sure it was easy to read.

This information was translated from:

www.watersafety.org.nz/staying-safe/water-safety-code

Access the Water Safety New Zealand website for accurate and updated information.

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