



KNOW BEFORE YOU GO

The Water Safety

CODE

**Before you enter the water
get familiar with New Zealand's
Water Safety Code.**

4 simple rules to help you stay safe:

1 Be prepared

Learn to swim and survive and set rules for safe play in the water. Always use safe and correct equipment. Know the weather and water conditions before you get in.

2 Watch out for yourself and others

Always pay close attention to children you are supervising in or near water. Swim with others and in areas where lifeguards are present.

3 Be aware of the dangers

Enter shallow and unknown water feet first and obey all safety signs and warning flags. Do not enter the water after drinking alcohol.

4 Know your limits

Challenge yourself within your physical limits and experience. Learn safe ways of rescuing others without putting yourself in danger.

Also available:

**The Boating Safety
CODE**

**The Outdoor Safety
CODE**

For more information about how you can prepare for your water-based activity,
visit www.adventuresmart.org.nz