

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.



Land



Water



Boating



Snow

Be AdventureSmart ADVICE TO KEEP YOU SAFE



Boating Safety CODE

5 simple rules to help you stay safe



Outdoor Safety CODE

5 simple rules to help you stay safe



Water Safety CODE

4 simple rules to help you stay safe



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The Boating Safety

CODE

Before you go boating on our seas, lakes and rivers, get familiar with New Zealand's Boating Safety Code, no matter what kind of boat you use.

5 simple rules to help you stay safe



1 Life jackets *Take them - Wear them.*
Boats, especially ones under 6m in length, can sink very quickly. Wearing a life jacket increases your survival time in the water.



2 Communications
Take two separate waterproof ways of communicating so we can help you if you get into difficulties.



3 Marine weather
New Zealand's weather can be highly unpredictable. Check the local marine weather forecast before you go and expect both weather and sea state changes.



4 Avoid alcohol
Safe boating and alcohol do not mix. Things can change quickly on the water. You need to stay alert and aware.



5 Skipper responsibility
The skipper is responsible for the safety of everyone on board and for the safe operation of the boat. Stay within the limits of your vessel and your experience.

The Outdoor Safety

CODE

Before you go into the outdoors get familiar with New Zealand's Outdoor Safety Code.

5 simple rules to help you stay safe



1 Plan your trip
Seek local knowledge and plan the route you will take and the amount of time you can reasonably expect it to take.



2 Tell someone
Tell someone your plans and leave a date for when to raise the alarm if you haven't returned.



3 Be aware of the weather
New Zealand's weather can be highly unpredictable. Check the forecast and expect weather changes.



4 Know your limits
Challenge yourself within your physical limits and experience.



5 Take sufficient supplies
Make sure you have enough food, equipment, clothing and emergency rations for the worst-case scenario. Take an appropriate means of communication.