



Australian Pool and Ocean Lifeguard Association Incorporated
(APOLA Inc.)

APOLA WATER SAFETY TIPS



- If ever in difficulty stay calm and **FLOAT TO SURVIVE**
- Look for, read, and obey **water safety signs**
- **Check water conditions and water depth** - never dive head-first
- At beaches **bathe and swim between the red and yellow flags** which indicate the supervised swimming area: **No flags = No Swim**
- At beaches **learn how to recognise rips and keep clear of rips** - if ever in difficulty stay calm, **FLOAT TO SURVIVE** with the current, and for assistance wave an arm and call out **HELP**
- Bathe and swim **under supervision or always go in with a mate** - never go in alone
- After eating or doing drugs or alcohol, never bathe, swim, surf, paddle, fish or go boating
- When outside be **SunSmart** - always **SLIP, SLOP, SLAP, SEEK and SLIDE** (slip on a shirt or rashie, slop on sunscreen, slap on a hat, seek shade, and slide on sunglasses)



At Australian beaches Council professional ocean lifeguards wear a workplace uniform comprising either an **aqua blue** long sleeve shirt, as seen on the popular long-running award-winning television series **Bondi Rescue**, or a long sleeve white shirt with **blue collar and cuffs** with the word **LIFEGUARD** in block red on the front and back as worn by Gold Coast City Council Lifeguards. **Council professional ocean lifeguards** provide water safety services including supervised swimming areas at popular beaches year-round and are on duty every day of the year at the most popular beaches. **Volunteer surf lifesavers** dressed in **red** and **yellow** are often on patrol at popular beaches on weekends over summer.

Award winning TV show **BONDI RESCUE** featuring the daily work of Waverley Council professional ocean lifeguards is currently in Season 17 and shown on Network 10. **BONDI RESCUE** has won numerous awards including TV Logie for Most Popular Factual Program 2008, 2009, 2010, 2011, 2012 & 2013. **BONDI RESCUE** has also won NSW Water Safety Awards for Outstanding Media Service to Water Safety 2007 & 2009.