



ABOUT APOLA

The Australian Pool and Ocean Lifeguard Association Incorporated (APOLA Inc.) is a non-profit professional association that **promotes water safety and best practice supervision and management in aquatic environments**. It delivers training for lifeguards, coaches, teachers, students and others involved in aquatic activity and water safety supervision through a structured Awards System. The Association is an advocate for minimising the risk of drowning in and around water through promotion and support community water safety education campaigns and programs such as **FLOAT TO SURVIVE**.

In general terms APOLA:

- Recognises **Local Government Councils**, (in cooperation with their respective State and/or Territory and Federal Government agencies) as the predominant controlling authorities in aquatic safety and beach management
- Promotes and supports **best practice in beach and aquatic facility management** including **wave pools** in consultation with Councils, facility operators and Association members
- Encourages **high standards for lifeguard performance** through participation in forums recommending best practice and access to recognised industry and accredited training
- Supports **community education in drowning prevention** by promoting safety in and around water through aquatic risk assessment, regulation, lifeguard and aquatic supervisor training, beach and aquatic facility management, tourism support and collaboration with medical, rescue and other specialist agencies.

APOLA's TOP WATER SAFETY TIPS

- If ever in difficulty stay calm and **FLOAT TO SURVIVE**
- Look for, read and obey **water safety signs**
- Always **check water conditions and the water depth** - never dive in head-first
- Bathe and swim in supervised areas such as **between the red and yellow flags** at beaches: **No flags = No Swim**
- Learn how to recognise rips and at beaches keep clear of rip areas - if ever in difficulty stay calm, **FLOAT TO SURVIVE**, wave an arm and call out HELP
- **Always bathe and swim with a mate** - never go in alone
- After eating or doing drugs or alcohol, never bathe, swim, surf, paddle, fish or go boating
- Be **SunSmart** when outside - 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 supervision services at popular beaches year-round and can be seen on duty every day of the year at our most popular beaches. **Volunteer surf lifesavers** who wear **red** and **yellow** uniforms can be seen on patrol at popular beaches on weekends over summer.

BONDI RESCUE is an award-winning reality television series featuring the daily work of Waverley Council professional ocean lifeguards. The Network 10 program is currently in Season 17 and is shown around the world in over 100 countries. **BONDI RESCUE** has won numerous awards including TV Logie for Most Popular Factual Program 2008, 2009, 2010, 2011, 2012 & 2013 as well as NSW Water Safety Awards including Outstanding Media Service to Water Safety 2007 & 2009.