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.