

Water Activity Safety Checklist

1:1 ratio - minimum ratio of one support worker to one participant when on the water

Checking Weather and Tides

Before you go out on the water, always check the weather using a marine weather forecast. Visit BOM's [Marine weather and ocean service](#) for the latest weather:

- <http://www.bom.gov.au/vic/forecasts/westcoast.shtml>

Vital Checks - there are things to take note of in terms of weather and tides when planning your boating trip:

- Are there weather conditions affecting safe navigation and comfort?
- What are the wind trends?
- What are the wave conditions?
- Other watercraft?

Plan Your Activity

- Tell someone where you are going
- What you will be doing?
- How long you expect to be gone?
- How many people are in your group?

Safety Items

- Safety Vest/Life Jacket with a whistle attached should be worn at all times on the water.
- Rope/throw line for rescue purposes (kept in safety bag)
- First Aid Kit (kept in safety bag)

Support Worker

- Current First Aid certificate
- Waterproof case for phone in case of emergencies (kept in safety bag)
- Consider level of supervision for each participant

Participant

- Sandals/water shoes
- Hat/sunscreen
- Bathers - sunsmart
- Dry towel
- Dry clothes
- Sunglasses
- Insect repellent

Designated Local Areas

- Portland Bay Foreshore
- Canal inlet
- Bridgewater Lakes – (groups only as there are some deep holes)
- Other area by arrangement