



Media release

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Take care in the water this summer

WITH the weather warming and many people starting to count the days to a Christmas break, Clarence Valley Mayor, Jim Simmons, has issued a note of caution.

“Summer is a great time to get together, to spend some time with family and get outdoors,” he said.

“It is a time when we hit the water to surf, swim, fish, ski or the host of other water-based activities that are so popular in the Clarence Valley over summer.

“We just need to remember there are risks associated with water-based activities.”

He said everyone should keep in mind a few key water safety messages:

- Actively supervise children in and around water. Teach water awareness and enrol your children in water familiarisation classes.
- Restrict access to backyard pools. Ensure pool gates and latches are in working order, and never prop open gates.
- Always swim between the flags. No flags mean no lifesavers.
- Wear a life jacket.
- Never swim alone.
- Never swim under the influence of alcohol or drugs.
- If someone is in trouble, don't jump in. Throw them a floatation device and seek help.
- Learn how to resuscitate. Enrolling in a CPR course and refreshing skills annually mean you will have the skills to act in an emergency. Effective CPR can often be the difference between life and death.

“Christmas is wonderful, but has been spoiled for far too many families through water-based tragedies,” he said. “Please take care.”

Release ends.

For media inquiries contact Clarence Valley Council communications coordinator, David Bancroft, on 6643 0230 or 0429 104 118.