



Are you
summer
ready?

Men account for 77 per cent of all drownings in Australia.

This spring we urge you to check in with yourself and your family so you can safely enjoy a water way of life this summer.



Learn the risks

Understanding the risks and knowing how to assess dangers will help your family make smarter choices around water.



Learn to swim

Everyone can learn to swim! Learn to swim (or simply brush up your skills) at your local swim school this spring.



Chat with your doctor

Consult your doctor before getting back in the water, especially if you have any medical or mobility issues.



Get active

The health and social benefits are there for us to enjoy - our entire lives.



drowningprevention.org.au
#AreYouSummerReady



Scan the code for more details on how you can get ready for summer.



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