



Are you
summer
ready?

Now's the time to check
in with yourself and
your family so you can
safely enjoy a water
way of life this summer.



ROYAL LIFE SAVING
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Use our summer-ready checklist and help keep your family safe this summer.



Learn the risks

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



Chat with your doctor

Consult your doctor before getting back in the water, especially if you have any medical or mobility issues. Talk to your doctor and know your physical limitations, especially if you're on medication.



Learn how to save a life

Make sure your first aid and CPR is up to date so you're prepared if an accident happens. This is particularly important in remote and rural areas where help may be far away.



Get active

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



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



drowningprevention.org.au
[#AreYouSummerReady](https://twitter.com/AreYouSummerReady)



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