



Are you  
summer  
ready?

## 57 per cent of drowning deaths last year involved people aged 45 and over.

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.



### Chat with your doctor

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



### Check your medication

Carefully check your medication as some may affect your ability to swim safely.



### Learn to swim

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



### Get active

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



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



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



**ROYAL LIFE SAVING**  
NSW | ACT | TAS