



CHECKLIST

# Drowning Response Checklist for Beachgoers

- ☐ Shout to alert the lifeguards and point at the person in trouble

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- ☐ Throw flotation if a lifebuoy or floating object is within reach

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- ☐ Keep the person in sight and tell the lifeguards where you last saw them

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- ☐ Call emergency services if the beach is unpatrolled or help has not arrived within a minute

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- ☐ Never enter the water unless you are trained and have flotation with you

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- ☐ Stay with the person after rescue until medical help arrives

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- ☐ Check flag colours before swimming and teach children to raise one arm if they need help

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