

## PERSONAL SAFETY AND SECURITY FOR STUDENTS

### SAFETY AT THE BEACH

Australia has some of the most beautiful beaches in the world, however to enjoy them safely, it is essential to obey beach rules.

Surf Life Saving Australia have developed a simple acronym for beach safety:

#### F-L-A-G-S:

- F** Find the flags and swim between them – the red and yellow flags mark the safest place to swim at the beach.
- L** Look at the safety signs – they help you identify potential dangers and daily conditions at the beach.
- A** Ask a surf lifesaver for some good advice – surf conditions can change quickly so talk to a surf lifesaver or lifeguard before entering the water.
- G** Get a friend to swim with you – so you can look out for each other's safety and get help if needed. Children should always be supervised by an adult.
- S** Stick your hand up for help – if you get into trouble in the water, stay calm, raise your arm to signal for help. Float with a current or rip, don't try and swim against it.

And remember – **never**:

**Never** swim at unpatrolled beaches (beaches without a lifeguard/flags)

**Never** ever swim at night

**Never** swim under the influence of alcohol

**Never** run and dive into the water

**Never** swim directly after a meal

*(Information sourced with thanks from Surf Life Saving Australia, [www.slsa.com.au](http://www.slsa.com.au))*

Remember also to be sun smart: wear a hat, sunscreen, appropriate clothing and sunglasses to protect yourself from the sun.

### SAFETY IN THE HOME

Since 1999, it has been compulsory for owners of properties in Victoria, including landlords, to install smoke alarms. Please ensure that any property you rent or stay in is fitted with working smoke detectors.



### WHAT CAN YOU DO?

- > Check the current international students website for information: [www.deakin.edu.au/current-students/international](http://www.deakin.edu.au/current-students/international)
- > Join excursions which have a swim safety option.
- > Ask your Peer Support Network or International Student Adviser for information.