



ROCK FISHING SAFETY

Don't put your life on the line

fact sheet

1

Know what
to do in
case of
emergency

Tips for safe rock fishing

BE SAFE – Know the conditions

- Fish only in places that you know are safe
- Spend at least half an hour watching the wind and wave action
- Know the tide and weather
- Never fish alone
- Tell someone where you are
- If conditions worsen find a calmer, more sheltered spot – or go home.

BE PREPARED – Take the right gear

- Wear shoes with non-slip soles or cleats
- Wear light clothing
- Wear a life jacket if you're not a good swimmer or fishing alone
- Carry a rope and float with you.

SURVIVE

- Do NOT jump in if someone is washed into the water
- Use your rope or something that floats to rescue the person
- Dial 112 on your mobile phone or go to get help
- If you're swept in don't panic. Stay calm and swim away from the rocks
- If there's an Angel Ring nearby, know how to use it.

For more information on rock fishing safety, including translated material, more fact sheets and free downloads visit: www.rfansw.com.au or www.safewaters.nsw.gov.au/for