

# GOING ROCK FISHING?

## WHAT YOU NEED TO STAY SAFE.

Rock fishing is one of Australia's most dangerous sports, responsible for an average of eight deaths a year in NSW. So how can you plan a safe rock fishing trip?

**X** Never fish during hazardous conditions. The rougher the sea, the higher the risk to your



### HIGH TIDE LOW TIDE

**✓** Always check the local tide tables before rock fishing and make sure you know when the tides will be rising.

**X** Avoid fishing on rocks that can only be reached at low tides as these can leave you stranded.

**✓** Always check the latest forecast on either the internet, radio or TV (Bureau of Meteorology)



#### What clothing should I wear?

- Heavy clothes will drag you down if you're swept into the sea.
- Wear clothes that you would be comfortable swimming in. Great choices are:
  - ✓** Shorts
  - ✓** Light t-shirts
  - ✓** Wetsuits



#### Always wear a lifejacket

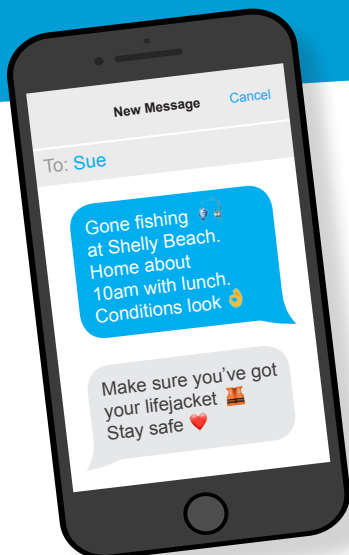
- Lifejackets are now mandatory for rock fishers in some council areas in NSW.
- A good quality jacket will help you keep afloat if you're washed into the water.



#### What type of shoes should I wear?

- X** Heavy footwear will make it difficult to swim. Boots are particularly bad as they fill up with water and drag you down.
- ✓** Light shoes with non-slip soles or metal cleats to provide grip are best.

## LET FRIENDS AND FAMILY KNOW WHERE YOU ARE



- ✓** Go rock fishing with other people and stay within sight of each other.
- ✓** Let friends or family know where you're going and when you will be back.
- ✓** Carry a mobile so you can call for help if needed (dial 000 or 112 for emergency services).

SURF LIFE SAVING  
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