

Rock Fishing Safety Starts at Home

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Select a safe fishing spot...

Check the conditions before you leave home

Download the Beachsafe app or check Bom.gov.au.



What are the tides like?

High tides can cover your rock fishing spot and the entry point with water and breaking waves, and you are more likely to get trapped, slip, or get swept off the rocks.

How big is the swell?

Large waves or swells can be hazardous and sudden. Some swells can travel from very far away and go unnoticed until they break heavily on the shore. These sudden swells can happen even when it is sunny, and it appears calm.

How strong is the wind?



Strong winds will not only create big waves, but they can make it very difficult for you to remain standing on wet and slippery rocks without being pushed and you risk falling off into danger.

Is this a sheltered spot?

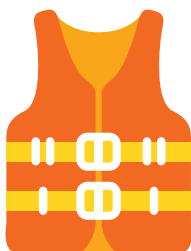
If you are fishing in an exposed open area during rough seas, always try to find a calmer and more sheltered spot to fish from. Do not risk being out in the open.



2 Pack items to keep you safe at the beach

Lifejacket

- Always wear an approved life jacket, it will save your life if you fall in the water. It is the law and fines apply for not wearing them.
- Make sure you know how to use your lifejacket – many drownings occur because people do not know how to use their safety equipment.



Non-slip shoes & Light clothing

- Non-slip footwear is essential on wet, slippery rocks.
- Do not wear boots as these will fill with water and make you sink quickly.
- Heavy clothing can become waterlogged, and it will make it very difficult to stay afloat if you fall in.



Rope or floatation device

- Most rock fishing spots will have an angel ring available to use in an emergency.
- Bringing your own rope or floatation device can be useful in cases of an emergency to rescue or pull someone out of the water. Always be prepared.



Do not pack alcohol

- Make sure you have plenty of water to keep you hydrated.
- Avoid alcohol while rock fishing as it can impair your ability to think clearly and make the right decision.
- Alcohol slows down your reaction time and increases your chances of getting into trouble in the water.



How to stay safe while rock fishing...

Look for hazard signage & a rescue device

- Council lifeguards place signs around the fishing spots to let you know of any dangers that may be present. Make sure you look for these signs before you start fishing.
- Most rock fishing spots will also have an angel ring nearby for emergency use.



Observe the spot before you start

Spend at least 20 minutes watching the conditions and your planned fishing site before beginning. If it seems too rough or unpredictable look for another spot.



Never go fishing alone

Always go fishing with a friend or in a group. You should always tell someone where you are going and what time they should expect you to be back.



Pick a safe spot and plan an escape route

EXIT

- Continuously monitor the conditions as they can change quickly and never turn your back on the ocean as large swells can occur suddenly.
- Always plan a safe way to get out in case you get washed in.

If you're washed into the ocean, stay calm and look for an exit

- If you are washed in, stay calm and swim away from the rocks.
- Look for a safe place to come ashore or stay afloat and wait for help to arrive.



If you see someone who is washed in the ocean, DO NOT jump in

- You can help someone by throwing them something to hold onto. Look around, many fishing spots have red floatation devices installed for public use.
- Get help by calling triple zero (000). Always make sure you know your exact location.



Learn to swim, learn to float, learn to survive.

Learning to swim and learning to stay calm and float will help you to stay safer if you ever fall into the ocean or if you ever get washed in while rock fishing – it's never too late to learn.



How safe are you while rock fishing?

Take the test and find out how much you know about staying safe while rock fishing. [Click here.](#)

