

Holiday Advice to Parents and Carers – Holiday Safety

Travelling safely in regional Victoria

- Check the Fire Danger Rating for your destination before you go and when you arrive, and listen to local radio for warnings and advice while you're on the road.
- Download the FireReady app, bookmark emergency.vic.gov.au, and save the Victorian Bushfire Information Line number – 1800 240 667 – into your mobile phone. Make sure your mobile phone has a fully charged battery.
- Monitor weather conditions while you're away by listening to local or ABC radio and talking to locals when you arrive about the fire risk.
- On Extreme or Severe Fire Danger Rating days, it's safer to travel to cities and towns. Never travel into a high-risk area where a Code Red has been forecast.
- Be aware of grassfires. Grassfire can move at speeds of up to 25 km/hr and jump highways.
- Check weather conditions and your fire risk before leaving home because you may not get phone reception across regional Victoria.

Staying safe in the great outdoors

- Some parks may be closed on days of high fire danger. If you're planning to visit parks or forests, visit www.parks.vic.gov.au or call 13 1963 for park closure information.
- Pack appropriate safety equipment including map, compass, first aid kit, and distress flares in case of emergency.
- Completing a Trip Intentions Form could save your life. If you are planning an extended trip, provide your family/friends with a map of where you are going, your vehicle registration and when you plan to return. For more information go to [Let someone know before you go](#)
- You can hire an Emergency Beacon (EPIRB) in case of emergency. For information on emergency distress beacons visit [AMSA Beacons](#).

Campfires

- Approximately 10 per cent of fires in Victoria's parks and forests are started by campfire escapes. Before you light a fire, check local fire restrictions and if a Total Fire Ban is in force by visiting: <http://www.cfa.vic.gov.au/>
- Campfires must be lit in a 30 centimetre deep hole and cannot exceed one square metre in size. Extinguish your campfire with water, not soil. When it's cool to touch, it's safe to leave.

Staying safe on our waterways

Families are encouraged to get out and enjoy our beautiful waterways this summer, but to do so safely.

- Be aware and prepared for the conditions. Check the weather conditions and monitor them while you are out on the water.
- Read safety signs located at the beach or inland waterway and ensure you understand the local hazards and dangers.
- Assess yours and your child's abilities and whether your activities are appropriate for the conditions.
- Always swim at a patrolled beach between the red and yellow flags where our lifesavers can look out for you.
- Actively supervise children at all times. Ensure children under five are within arm's reach, and children under 10 are within your sight.

- Never swim alone. Too many drowning deaths occur when no one else is around to help.
- Think before jumping or diving from piers and jetties to minimise the risk of spinal cord injury. Water depths change daily as a result of the tides, sand movement and submerged debris such as shopping trolleys are unexpected hazards.
- Beware of blue-green algae, especially in mid-late summer. Avoid swimming in affected lakes as the algae is poisonous.

Boating

- Life jackets are compulsory.
- Check tide charts and weather for yachting, sea kayaking, kite boarding and other water sports at [Marine Weather Conditions](#).
- Conduct a full safety check of your boat/watercraft before you leave.
- If you plan to kayak, check river levels before you leave and when you arrive.

Staying healthy and safe in pools

- Ensure children are actively supervised by an adult at all times when in the pool.
- Check and maintain pool and spa fences. Rust, missing bolts or screws and general wear and tear can make them less secure.
- Ensure there are no objects near the fence which make it easy for children to climb over.
- When kids aren't feeling well, they can contaminate pool water, making others sick. Do not swim if you have diarrhoea.
- Avoid swallowing pool water.

Resources

- For Trip Intention Forms, see: http://www.police.vic.gov.au/content.asp?Document_ID=23653
- Download water safety colouring in sheets and other educational resources here: www.lsv-from-anywhere.com.au/education
- Find your nearest patrolled beach and its current conditions at: www.beachsafe.org.au or download the app for your smartphone.
- Find more information and download fact sheets about pool safety visit: www.kidsafevic.com.au/water-safety
- Find more information and download fact sheets about healthy swimming at: [Better Health Channel](#)