WATER SAFETY

The Loddon Mallee region is home to many beautiful lakes, rivers and pools. While the water can be a cool relief and something to enjoy, it is important to stay safe and take precautions.

Did you know?

In 2025-26, there were 313 drowning deaths across Australia.[1]
39% of people who drowned, were born overseas[1].
29%[1] of fatal drownings occurred in inland waterways (rivers, creeks, lakes & dams).

What you can do

Never swim alone.
Always take a friend and look out for each other.

Always supervise children.
Keep young children within arm's reach.

Avoid drinking alcohol and using drugs.
Alcohol and drugs can make swimming more dangerous.

Wear a life jacket.
Wear a life jacket when boating or fishing.

Rivers and lakes can be dangerous, even if they look calm.
Watch out for: deep water, strong currents, hidden holes, objects under water, slippery banks.

Learn to swim.
There are a number of adult and culturally sensitive programs in our region.

KEEP POOLS CLEAN AND SAFE

Swimming is a fun way to stay fit and active. But germs can sometimes get into pool water and make people sick.

Follow these five healthy swimming steps to help keep the pool clean:



Shower before swimming.
Shower and wash with soap, especially your bottom, before getting into the pool.



Wash your hands.
Wash your hands with soap after going to the toilet or changing a nappy.



Use nappy change areas.
Only change nappies in designated nappy change areas.



Don't swallow pool water.
Avoid swallowing water when swimming.



Stay out of the pool if you have diarrhoea.
Don't swim if you have diarrhoea, or for two weeks after your symptoms stop.

Scan for more water safety information.

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1. Royal Life Saving Society – Australia (2026) National Drowning Report 2026, Sydney, Australia. https://www.royallifesaving.com.au/__data/assets/pdf_file/0005/133268/National-Drowning-Report-2026.pdf