



ROCK FISHING SAFETY

Don't put your life on the line

fact sheet

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Tips for safe rock fishing

Be sensible when fishing off rocks.

- **Know the fishing spot**

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**

The spot may be OK now, but what will it be like in a few hours time?

- **Never fish alone**

If you do go on your own, make sure you tell someone.

- **Wear shoes with non-slip soles or cleats**

Rock plates or cleats are essential on wet, weedy rocks.

- **Wear light clothing**

If you are swept off the rocks, light clothing won't drag you down.

- **Wear a life jacket if you are not a good swimmer or fishing alone**

Many people who have drowned could not swim

- **If you are swept in, swim away from the rocks.**

- **Be prepared**

Before you start fishing, work out the best route out of the water if you get swept in.

- **If there is an Angel Ring nearby, know how to use it**

These life rings on poles are being placed at angling 'black spots' along the coast.

For more information on rock fishing safety, visit www.safewaters.nsw.gov.au