

Inland Waterways

Swimming in creeks, lakes, rivers and dams

Creeks, lakes, rivers and dams may vary in size, depth and visibility. Swimming or recreating in these environments is fun, but there are many hidden dangers that can cause serious injuries. Hazards may include water temperature, rocky areas, submerged objects, and slippery, steep banks that may or may not be visible.

Children must always be supervised when in, on or around creeks, lakes, rivers and dams. You should also obey any warning or safety signs for the location.

If you are swimming in these locations, never swim alone and always tell someone where you are going.

Tips for swimming in creeks, lakes, rivers and dams

- Always avoid alcohol when swimming
- Check the current before entering the water
- Seek local advice before you swim - creeks, lakes, rivers and dams can hide dangers such as submerged logs and rocks and unexpectedly strong currents, especially after rain
- Never dive or jump into any waterhole - you could seriously injure yourself if the water is too shallow or there are submerged logs and rocks
- Stay away from waterfalls to avoid slipping
- Beware of boats using the waterway
- Avoid swimming near boat ramps or in boating areas
- Look out for crocodiles and other dangerous marine animals



Source: QLD Government <https://www.qld.gov.au/emergency/safety/swimming-creeks.html>

For more information, visit lifesaving.com.au

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