Rock Fishing

Don't put your life on the line

Rock fishing is arguably one of the most dangerous sports and hobbies in Australia. Every year a disproportionate number of people are killed when rock fishing. Rock fishing is undertaken in a number of locations with small and large rock formations.

While rock fishing can be a dangerous activity, there are a number of key safety tips you can follow to ensure you stay safe and remember your day on the water for all the right reasons. This also applies if you are collecting abalone, oysters and/or other molluscs off the rocks.

How can I protect myself and others when rock fishing?

If you want to rock fish, you should learn how to minimise the risks.

- Always wear a life jacket
- Stay alert to the weather conditions
- Plan an escape route in case you are washed in
- Never turn your back on the ocean
- Wear appropriate non-slip footwear and light clothing
- Do not jump in if someone is washed in - wait for assistance
- Never fish alone

What to do in an emergency?

- Dial 000 on your mobile or go to get help
- Do NOT jump in if someone is washed into the water
- If possible use a rope of something that floats to throw to the person
- If you are swept into the water don't panic. Stay calm and swim away from the rocks
- If there is an angle ring nearby, know how to use it.

For more information, visit lifesaving.com.au

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