



# On the water 65Plus

Staying safe and independent



## Did you know?

Seniors account for more than 20% of fatalities, but hold only 9% of licences.

Whether you drive, sail, paddle or ride, you need to be aware of the changes to your health that could affect your safety on our waterways.

## Here are some tips to help you stay safe:

### **Wear a lifejacket**

Always wear a lifejacket when on the water, especially if you are out alone. A lifejacket buys you time to self-recover or wait for assistance.

### **Let someone know your plan**

Always let someone responsible know when you are heading out, where you are going and expected time of return.

### **Operate at a safe speed**

Operate at a speed that is safe for the conditions, your vessel and your ability; especially at times of reduced visibility and increased traffic.

### **Know your vessel**

Take the time to familiarise yourself with all of your vessel controls such as throttle, helm, lights and anchoring operations.

### **Proper look out**

Keep a proper lookout while operating any vessel, this helps to avoid other vessels, hazards and people in the water.

### **Fatigue**

If you're planning a day on the water with family or friends or a long passage, share the helm, as fatigue affects everyone.

### **Be well rested**

Make sure you have a good night's sleep and feel alert before operating a vessel. If you feel tired, take a break.

### **Avoid operating a vessel if you are unwell**

When you're not feeling well, your risk of being in an incident increases. Wait until you feel better to get out on the water. Seek medical attention if you continue to feel unwell.

**For more information visit:**  
**[transport.nsw.gov.au/65plus](https://transport.nsw.gov.au/65plus)**