

Be safe when rock fishing – Cowries Rock

How to fish safely from rocks

Fishing and collecting from rock platforms are great ways to catch a fish and enjoy the outdoors but can also be dangerous.

There are 4 simple ways to stay safe when fishing or collecting from rocks:

1. Prepare before you go
2. Observe when you arrive
3. Stay Alert when fishing and
4. Always wear a lifejacket.

What to do if someone gets washed in

It is important to know what to do if you or someone else is washed into the ocean.

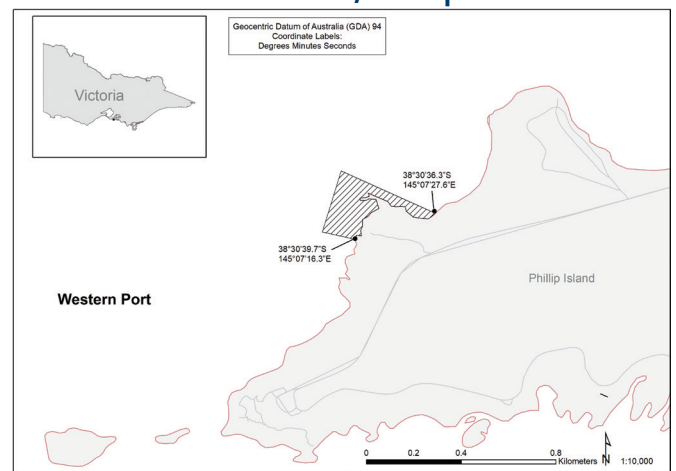
1. Don't panic - stay calm and swim away from the rocks.
2. Do not jump in if someone is washed into the water, instead,
3. Throw a rope or something that floats, including a life ring if it is available, to the person then,
4. Dial 000 or 112 on your mobile phone or go to find other people to help.

High-risk drowning sites?

Many people have lost their lives because they have fallen in the water when they have been fishing or collecting from rock platforms across Victoria.

To help prevent further fishing deaths, anyone fishing or collecting from the designated high-risk zone below, **must** wear a life jacket.

Cowries Rock Platform, Phillip Island



However, if you are on any rock platform, even if you are not fishing, the VFA encourages you to wear a lifejacket.

More information

For more information about high-risk zones and staying safe while rock fishing, including information in languages, please visit the VFA website at: vfa.vic.gov.au/rockfishing or scan the QR code right.



Be safe when rock fishing




What type of lifejacket do I need?

Your lifejacket must comply with the Australian Standard (AS 4758) and be:

- a Level 50S lifejacket or greater
- your correct size
- in good working order. Ensure buckles are working and straps are not frayed.
- worn correctly with all zippers, buckles and tapes correctly secured
- regularly serviced.

Lifejackets that solely rely on oral inflation cannot be used.

Suitable adult lifejackets

<p>Level 100 (Type 1)</p>	
<p>Level 50 (Type 2)</p>	
<p>Level 50S (Type 3)</p>	

Do children need a lifejacket?

Yes, any child under your supervision must wear a lifejacket even if they are not fishing.

Children's lifejackets must:

- comply with the Australian Standard (AS 4758) and
- be a Level 100 lifejacket or greater.

Suitable children's lifejackets

Level 100 (Type 1 or greater)

