

## Rock and Cliff Fishing - Be aware of the dangers!

Rock and cliff fishing is one of Australia's most dangerous sports and many fatalities occur each year. ***Don't put your life on the line!***

Before you decide to fish:

- **Check the marine weather forecast.** Especially the tide chart so you know if the tide is coming in or out. Don't fish if it is too rough.
- **Leave information.** Tell someone responsible where you are going and when you plan to return.
- **Seek local knowledge if fishing a new area.** They can advise you of good, safe fishing locations.
- **Communicate.** Take heed of all warning signs. Carry communication devices such as VHF radio, flares, torch and a satellite phone (mobile phone coverage is poor in most remote areas).
- **Observe first, fish later.** Spend at least 30 minutes observing the sea to get an idea of the conditions over a full swell / wave cycle. Wave conditions can worsen as the tide changes. Never fish from wet rocks where waves and spray have been washing over them.
- **Have the right safety gear.** Take a tie off rope, 'rock hopper' boots for traction and warmth and a personal floatation device (e.g. life jacket or buoyancy vest). Also bring a float or another buoyant object that can be thrown to those in distress.
- **Wear appropriate clothing.** Light clothing such as shorts and a spray jacket will let you swim more easily if you are washed in. Jumpers become heavy and difficult to take off when wet.
- **Never fish alone.** Fishing in a group of at least two and preferable three people is best. If someone is washed in, one person can stay and help while the other gets help (dial 000). Mobile phone users can also dial 112 to access emergency services. Always stay within sight of each other.



If you decide to fish:

- **Stay alert.** Never turn your back on the sea. Large waves are unpredictable.
- **Tie yourself to a natural anchor where possible.** Stay attached for the entire time you are fishing (including set up and pack up) and keep your rope firm when in the fishing position.
- **Plan an escape route in case you fall in.** If you fall in stay calm, swim away from the rocks and look for a safe place to come ashore or stay afloat and wait for help to arrive.
- **Do not jump in after someone.** Throw in your rope or something that floats to help the person in trouble. Seek assistance or go for help after reassuring the person in difficulty.

**Be aware  
and reduce  
the risk!**

