

celebrate SAFELY in 2009!

It is about having fun...

and you don't have to drink to do that.

But if you do drink, these are things to keep in mind

- ★ Keep your fluids up. Make sure you drink plenty of water and non-alcoholic drinks.
- ★ Eat before you drink.
- ★ Be careful of mixing drugs and alcohol – for more information speak to a Youth Worker.
- ★ Beware of drink spiking and always watch your drink.
- ★ Know when you've had enough and say so.



Register for 2009!

To register go to the Visitor Information Centres from 1pm daily. For \$20 you get access to free water, shuttle buses, BBQs, an official wrist band and t-shirt etc.

More information, ideas and registration info is at www.schooliesdownsouth.com.au Click on "registration"

- ★ Take Your Mates - never swim or surf alone
- ★ Never swim under the influence of alcohol or drugs
- ★ Don't swim at night
- ★ Always swim between the red & yellow flags
- ★ Check it's OK to swim before you get in
- ★ If you don't know the depth of the water, don't dive in.

local laws to know

The Surf Coast community welcomes you and trusts you'll enjoy your break. Please remember that people live and work around you. Share respect. Treat the town as your own. So everyone has a good time, a number of laws are enforced on the Surf Coast:

- ★ Always keep noise to a minimum, particularly after 10pm
- ★ Drinking or carrying open alcohol containers in public is illegal
- ★ Lighting open fires in any public place including the foreshore or camping ground is prohibited
- ★ Camping or sleeping in vehicles in public places is banned
- ★ You can be fined \$250 for offensive behaviour including urinating in public or offensive language
- ★ So beaches stay clean, smoking is banned on the sand
- ★ The foreshore areas and beaches are glass free – no butts, no cuts.
- ★ Littering is off limits.

Police and Local Laws Officers will issue penalty notices that could leave a big hole in your budget and ruin your memories! Respect the place and your mates.

remember

The foreshore sand and grass areas are GLASS FREE. No smoking either! HELP KEEP OUR BEACHES CLEAN KNOW YOUR LOCAL LAWS!!

sexual health is IMPORTANT

Always wear protection
If It's Not On, It's Not On!
 Youth Workers carry supplies of condoms
IF YOU HAVE A CONCERN ABOUT YOUR HEALTH, JUST ASK! Call into a pharmacy, or ask a YSAS worker for assistance...AND REMEMBER

no means no!

BBQ'S & water

BBQ's will be held Tuesday 24 November and 1 December at **Cosy Corner** (see Torquay map over), **Wednesday 25 November and 6 December 6pm and Saturday 28 Nov from 5pm - 7pm next to the skate park on the foreshore in Lorne** Keep an eye out or check the website for more details.



chill out ZONE

The Red Frog crew are out and about. They are friendly and helpful - just ask! They will also run a Chill Out Zone in Lorne's main street at St Cuthbert's Church, for people who are looking for some time out.



other STUFF to do

For ideas, visit
Torquay Visitor Centre at Surf World Beach Rd 1300 614 219 or
Lorne Visitor Centre 15 Mount Joy Parade Lorne 1300 891 152

www.visitsurfcoast.com

LEARN TO SURF

Why not learn to surf while you're down on the Coast.
Call Go Ride a Wave 1300 132 441

LOCAL ATTRACTIONS

If you're in Torquay check out the Surfworld Museum which can be found next to the Skate Park (check the map for details)

DISCOVER THE OTWAYS

Another option is to go on an Otway Discovery Great Ocean Road Tours 9654 5432

look after your MATES

The most important part of celebrating is being with your friends

- ★ Always keep an eye out for your friends. Don't let friends leave with someone they don't know.
- ★ Meet up regularly during a party or event to see how everyone's going.
- ★ Keep your fluids up. Ask workers for free water.
- ★ Harassment and violence is not ok under any circumstance. Don't just follow the crowd.
- ★ Let your friends make up their own mind if they want to drink or not – and if they don't want to, RESPECT their decision.
- ★ Make sure you only get in a car with someone you trust who hasn't been drinking and who isn't, or appear to be drug affected.
- ★ Personal safety; try having a code word between you and your mates so they know if something's wrong.

staying ON TOP of things

- ★ A lot of places don't get a mobile phone signal, so keep a phone-card handy.
- ★ Take your photo ID everywhere – pubs, clubs and hotels won't let you in without it. The Lorne and Torquay hotels have scanners for your safety and will be introducing Responsible Service Officers.
- ★ Make sure you spread your budget so it lasts your entire holiday.
- ★ Keep an extra \$20 in your pocket at all times, separate from your wallet.
- ★ Shops usually close early so plan ahead for meals.
- ★ Always wear shoes in case of broken glass.
- ★ Store your medicare number in your phone - this could save you HEAPS!

useful NUMBERS

V/LINE INFO 136 196 Info on bus times and routes	YSAS YOUTH WORKERS
TAXI Torquay 13 2227 Anglesea 0408 325 992	Torquay 0437 019 778 Lorne 0428 194 227 or 0428 187 205
24 HOUR DRUG AND ALCOHOL INFO 1800 888 236 For info or help on anything related to drugs and alcohol	For any info, someone to talk to, or for assistance 9pm-2am Torquay, 8pm-3.30am Lorne or leave a message and they will get back to you.
YSAS DRUG INFO 1800 014 446	RED FROG HOTLINE 1300 557 123 If you want a chat or need some information.
MEDICAL CENTRES Torquay 5260 3911 Lorne 5289 4333 Anglesea 5260 3901	CENTRE AGAINST SEXUAL ASSAULT 1800 806 292 If you or one of your friends gets sexually assaulted call the CASA for help, information and support.
LORNE HOSPITAL 5289 4300	
EMERGENCY - For police, fire or ambulance 000 or from mobiles 112	

YSAS youth workers

YSAS workers wearing BRIGHT BLUE-tops and carrying ID, will be out and about during the evenings.

If you've got a problem or need someone to talk to, go to these guys. And remember **If In Doubt ASK!**

FORESHORE TRAIL AND SURF COAST WALK

Go out and enjoy these beautiful areas. If you're feeling active why not stretch your legs and enjoy a walk from Torquay along the stunning foreshore or walk from the Jan Juc shops to Bells Beach. If you're in Lorne the beautiful Erskine Falls is just a 10 minute drive out of town; just follow the road signs.

GOOD TIMES GREAT BREAKS

RESPECT THE PLACE, LOOK AFTER YOUR MATES
 SURF COAST SUMMER 2009