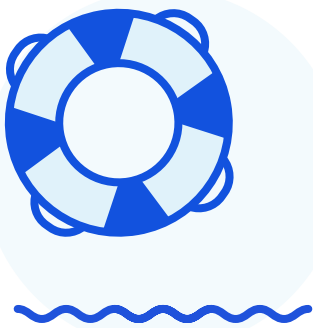


## Beach Safety

This beach safety guide will give you some basic precautions to help you stay protected while enjoying the sun, sand and surf.



### Tips to stay safe on the beach



TRY TO CHOOSE A LIFEGUARDED BEACH AND DON'T FORGET TO READ THE SAFETY SIGNS.



CHECK THE TIDES.



PRACTICE SUN SAFETY BY USING SUNSCREEN AND A HAT.



DRINK LOTS OF WATER. THE WIND AND SUN CAN QUICKLY DEHYDRATE YOU, EVEN WHEN IT ISN'T VERY HOT.



AVOID EXCESSIVE ALCOHOL CONSUMPTION, WHICH WILL AFFECT YOUR JUDGEMENT AND INCREASE THE RISK OF DEHYDRATION.

## Common beach hazards



### OFFSHORE WINDS

Don't get blown out to sea on your paddleboard or inflatable.



### JELLYFISH AND OTHER HARMFUL SEA CREATURES

If you get stung or cut, rinse the area with vinegar, carefully remove any visible tentacles or foreign matter with fine tweezers and soak the skin in hot water.



### UNSTABLE CLIFFS, ROCKS AND HARBOUR WALLS

Can be hazardous, especially when wet.

## What should you do in case of strong currents?

Rip currents are a major cause of drowning on beaches all over the world. They are particularly strong in larger surf but can also be found around river mouths and estuaries.

When you get to the beach always talk with the local lifeguard, they will advise you on the safest areas to swim.

If you do get caught in a rip current, here is some advice from the Royal National Lifeboat Institution (RNLI):

- ✔ Stay calm, try not to panic.
- ✔ If you can stand, wade don't swim.
- ✔ Keep hold of your board or inflatable – it will help you float.
- ✔ Raise your hand and shout for help.
- ✔ Never try to swim directly against the rip current – this will exhaust you.
- ✔ Swim parallel to the beach until free of the rip current, then head toward the shore.

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