

## Surf Rules

- 1 Always watch the surf for 10 minutes before you go in. If it looks too big - stay out!
- 2 When you're out there, line yourself up with an object on the shore and keep checking to see if you are drifting
- 3 If you get into a rip current, paddle diagonally towards the shore - that way you will get out of the current AND back to the beach
- 4 When surfing, watch out for people in front of you and give them plenty of space
- 5 Don't get in front of people who are surfing - surf boards hurt!
- 6 If 2 people are going for the same wave, the person closest to the point where it breaks has right of way - don't "drop in"!
- 7 Keep an eye on your fellow surfers, and they will keep an eye on you!

Follow these simple rules when you're surfing to avoid getting into trouble

## Safety Tips

- Always keep an eye on your position when in the water - make sure you don't drift
- Never go into the sea in an inflatable
- Never undo the leash (or strap) on your surfboard or bodyboard, even if you think you can swim better without it - it will keep you afloat
- Always listen to lifeguards and follow the flags
- Know what the tide is doing - what time is high tide today?
- Never jump off rocks into the sea
- Get out of the water when you start to feel cold
- If you get into trouble, wave your arm above your head to get help

Tips to keep you safe at the seaside

## Public Information

# SAFETY at the Beach

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# Surf SAFETY

A guide for surfers  
& all beach-goers

Produced by North Cornwall District Council



# BEACH SAFETY CODE



LEARN

## THE 4 POINT SAFETY CODE

- 1 Spot The Dangers
- 2 Take Advice
- 3 Don't Go It Alone
- 4 Learn How To Help

### 1 SPOT THE DANGERS



#### SURF!

Waves can knock you over and hold you under the water



#### CURRENTS!

Rips and currents can take you out to sea. Calm water can mean strong currents



#### ROCKS!

Rocks can be hidden under water. You can slip, fall and hurt yourself



#### TIDE!

You could get stranded or cut off by incoming tides



#### WEATHER!

The sun can burn your skin. The cold can make it hard to swim

### 2 TAKE ADVICE



Listen to Lifeguards



Red and yellow flags mean swimmers and bodyboarders should stay between them



Black and White flags are for surf craft only



Red Flag = Danger!  
No one is allowed into the sea

Signs = Always read the signs



### 3 DON'T GO IT ALONE



Don't go into the sea on your own

Never go off on your own on the beach  
- stay in sight of your family and friends



### 4 LEARN HOW TO HELP

If you see someone in trouble:



- Tell a LIFEGUARD (if there is one) or
- Dial 999 and ask for the COASTGUARD
- Use rescue equipment SAFELY
- NEVER go into the sea to rescue someone

Learn the 4 point Beach Safety Code