

Beach Safety

Staying safe and having a good time at the beach is easy but beaches can be dangerous places if you don't take care.

Make sure you know the beach.

When you arrive, familiarise yourself with the beach. Know where the lifeguard and first aid station is. The lifeguarded area will be marked out by red and yellow flags. You should also arrange a meeting point in case you get separated.

Keep an eye on the tides.

It's very easy to get cut off by the tide, especially on flat beaches where the water can come in very quickly.

Let your lunch go down before swimming!

Always wait at least an hour after eating a meal before you go swimming, and never swim after drinking alcohol.

Watch where you swim.

Piers, groynes, breakwaters and other man-made structures can create very strong currents so avoid swimming near them. Try and swim in line with the shore – that way you won't have far to go if you get tired and need to get out.

Know when to get out.

Even strong swimmers can get into difficulty when they get cold so beware! If you start to feel cold, get out and warm up.

Don't dive.

Diving may be fun, but if the water is shallow it can cause serious harm. Because you can never really tell what is under the water at the beach, it's better not to dive at all.

Take care with inflatables.

Inflatable toys such as lilos and dinghys can easily be blown out to sea. It's better not to use them at all in the sea – keep them on the beach!

Never swim on your own.

No matter how good a swimmer you are, there could always be a situation where you need help so make sure you always go with a friend. And parents – never let children out of your sight, even for a few seconds.

Watch out for the sun.

Stay out of the sun in the hottest part of the day. Cover up well. Use a high factor sunscreen and reapply frequently.

Don't leave rubbish.

Litter can be dangerous for other beach users so make sure you take it all with you when you go.

**For more information, advice and downloads visit
www.lifeguardsupport.co.uk**