

BEACH SAFETY



AN INDEPENDENT CHARITY

LIFEGUARDS

IF YOU SEE ANYONE IN TROUBLE IN THE WATER
TELL A **LIFEGUARD**
OR CALL **999** - ASK FOR THE COASTGUARD

FLAGS AT THE BEACH



**LIFEGUARDS PATROL
ON BEACH** Swimmers
and bodyboards stay
between the 2 flags.
No surfers or other hard craft.



DANGER!
Stay out of the water



**SURFERS & HARD
CRAFT AREA**



**OFF SHORE WIND
NO INFLATABLES**

SIDMOUTH LIFEBOAT BEACH LIFEGUARDS

are on duty daily during May half term and the
summer holidays, plus every weekend between.

WWW.SIDMOUTHLIFEBOAT.ORG.UK/LIFEGUARDS



WATER SAFETY CODE



STOP & THINK!

- too cold?
- too deep?
- any currents?
- any hazards?
- access out?



STAY TOGETHER

- Go with friends or family
- Take a charged mobile phone
- Tell someone else where you are going and what time you will be back



FLOAT

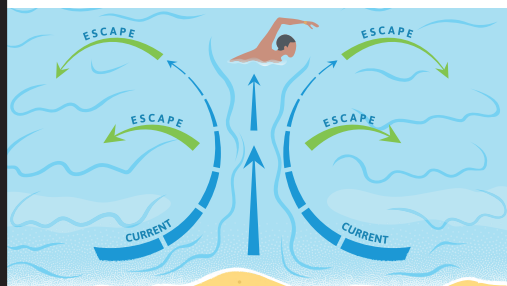
If in trouble, float!

- Tilt chin up and float on your back
- Move your arms slowly
- Slow your breathing
- When calm, call for help or swim to safety



CALL 999 & ask for the Coastguard

If you see someone in trouble get help as soon as possible.



RIP CURRENT

IT IS ALWAYS SAFEST TO SWIM BETWEEN THE FLAGS WHERE POSSIBLE

If you get caught in a rip current:

- Stay calm
- If you can, stand and walk
- Wave and shout for help
- Don't swim against the rip or you'll tire quickly
- Swim parallel to shore until you are out of the rip, then head to shore

SUN SAFETY

Sunburn can cause skin damage and being too hot could make you ill very quickly.

Be sun smart!



SLIP on sun protective clothing



SLOP on SPF30+ sunscreen. Reapply every 2 hours, or after being in the water



SLAP on a broad brimmed hat



SLIDE on sunglasses



SEEK shade



SIP water regularly to stay hydrated