BEACH SAFETY TIPS

Tragic water accidents at the ocean happens quickly which can be contributed to a lack of sea safety knowledge.

The following tips cover water safety as well as protection measures to take whilst on the beach.

- Read and obey the beach regulations and follow instructions or advice from lifeguards.
- Report hazardous conditions or incidents to lifeguards or other beach personnel.
- Make sure you know how to swim if entering the water.
- Swim in areas supervised by a lifeguard – usually in a zone between two red and yellow flags.
- Never swim alone.
- Swim parallel to the shore if you wish to swim a long distance.
- Supervise children closely, even when lifeguards are present. A personal flotation device is recommended for children.
- If caught in a rip current, swim sideways until free and don't swim against the current's pull.
- Don't dive into unfamiliar water – areas that may seem deep could be very shallow.

  Feet-first is safer.
- Avoid swimming near rocks, piers, jetties, and breakwater walls.
- If you are in trouble at sea, shout or wave for help.
- Scuba dive only if trained and certified to do so.
- Do not drink alcohol before or during swimming, diving or boating. Alcohol impairs your judgement, balance, coordination and reduces your body's ability to stay warm.
- Wear foot protection on unclean, rocky or hot sand beaches.
- Do not light fires on the beach except in designated areas.
- Protect your skin from over exposure to UVA and UVB rays by using appropriate sunscreen.

  Avoid the sun between the hottest times of the day: 11:00 – 15:00.
- Drink plenty of water regularly to avoid dehydration even if you don't feel thirsty. Your body needs water to keep cool and to replace lost salts through sweating.
- Watch for signs of heat stroke which is life-threatening. The body's temperature can rise too high due to poor sweating. Signs of heat stroke include hot, red and dry skin, rapid and weak pulse and rapid, shallow breathing. Move to a cooler place, cool the body down and seek medical help.

If you are at a beach where there are no lifeguards, be cautious at all times. Remember swimming in waves is not the same as in a pool or lake. If in doubt-don't go out! Obey all instructions and orders from lifeguards. Lifeguards are trained to identify potential hazards. Ask a lifeguard about the conditions before entering the water. This is part of their job. Pay especially close attention to children and elderly when at the beach. Even in shallow water, wave action can cause loss of footing. Never dive into shallow water-Remember "feet-first every time". Use swim fins and a leash whenever body-boarding.

Keep at least 30m away from piers, jetties, and rocks because permanent rip currents often exist alongside these structures. Remember to always obey warning signs. Never throw sand and always fill in holes before you leave the beach. Please do-not litter-leave the beach cleaner than you found it! Protect yourself from the sun-use sunscreen, wear a hat and sunglasses.



Respect other beach patrons and remember your beach manners.

If you or someone in your group gets lost, tell the nearest lifeguard.

Inshore Holes

Inshore holes are very dangerous to non-swimmers and small children because they can be swept into deep water quickly.

Inshore holes are caused by relentless wave action on the sandy bottom of our beaches. Sand is pushed offshore during winter months and strong surf pushes it back toward the beach at the beginning of summer.

Inshore holes causes uneven bottom contours that result in a dangerous condition where a beach patron can be standing in waist-deep water one moment, and step into a deep inshore hole the next.

Inshore holes can be very deep, and the person may not be able to touch the bottom of the ocean.

Inshore holes are sometimes just long trenches along the beach, but at other times they are characterized by deep color and flattened wave action.

Inshore holes often turn into channels that can cause rip currents.

Rip Currents

A rip current can pull you away from the shoreline. If this happens:

- Remain calm to conserve energy and think clearly.
- Never fight against the current. Think of it like a treadmill that cannot be turned off, which you need to step to the side of.
- Swim out of the current in a direction following the shoreline. When you are out of the current, swim at an angle away from the current towards shore.
- If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.
- If you are still unable to reach shore, draw attention to yourself by waving your arm and yelling for help.

How to Avoid and Survive Rip Currents

