

At the seaside, remember to always think 'SAFE'



Spot the dangers

Always go with a friend

Find and read the safety signs and flags

Emergency!

Spot the Dangers

- ★ Check the weather before you play by the sea
- ★ Never swim or dive near rocks
- ★ Don't climb cliffs or rocks
- ★ Don't swim out of your depth
- ★ Watch the tides
- ★ Never use an inflatable in windy weather
- ★ Tie your inflatable securely to the shore or make sure an adult holds on to it
- ★ Take warm, windproof clothes
- ★ Stay in sight of Mum or Dad

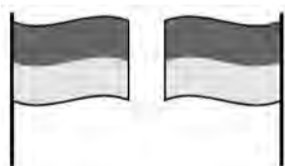


Find and Read the Safety Signs and Flags

The red flag means danger and do not enter the water



The red and yellow flag shows the area of the beach patrolled by lifeguards, and which areas are safe to swim



The black and white chequered flag shows the area of water for boats and surfers. Do not swim in this area



An orange windsock flying means that there are dangerous wind conditions and you shouldn't use a lilo or inflatable on the sea



Always Go With a Friend

Whether you are swimming, playing with an inflatable or just having fun in the sea, always have a friend with you. You never know when you might need help!

Emergency!

Stick your hand up and shout, tell a lifeguard or dial 999 and ask for the Coastguard

