



# Beach safety



To stay safe at the beach please follow these guidelines.

- Keep an eye on the weather and tides.
- Always read and follow the safety signs and identify where any public rescue equipment is located.
- Supervise your children at all times.
- Tell others where you are going.
- Never swim alone or beyond your depth, even calm water can be dangerous.
- Swimming after storms, floods or heavy rainfall should be avoided as the risk of short term pollution is greatly increased.
- Beware of changes in water depth and other hazards.
- Be sun safe, drink plenty of water and apply sun cream regularly.

If you see someone in difficulty in the water dial 112 and ask for the Coastguard.



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