

ON THE BEACH



NEVER TAKE A CULL TUMMY SWIMMING

KNOW WHAT TO DO IN AN EMERGENCY

KEEP YOUR LILO ON THE BEACH

NEVER SWIM WHEN A RED FLAG IS FLYING

DON'T IGNORE THE DANGER SIGNS

CAUTION UNSAFE STEPS

RED AND YELLOW FLAGS MEAN LIFEGUARDS AND SUPERVISED SWIMMING

ALCOHOL-FREE SWIMMERS STAY AFOAT

BWARE OF TIDES THEY CAN CUT YOU OFF FROM LAND

MAKE SURE YOU KNOW WHAT'S BENEATH THE SURFACE

DON'T SWIM NEAR PIPES, ROCKS BREAKWATERS AND PILES

HIGH TIDE 14:43
LOW TIDE 21:09

LISTEN TO WHAT THE LIFEGUARDS TELL YOU

KEEP AN EYE ON CHILDREN DON'T LET THEM WANDER OFF

TAKE CARE IN THE SUN IT CAN TAKE AS LITTLE A HALF AN HOUR TO BURN

THE WATER SAFETY CODE

SPOT THE DANGERS EACH KIND OF WATER OFFERS A DIFFERENT DANGER - KNOW THEM

TAKE ADVICE FROM SIGNS, LEAFLETS OR PEOPLE

DON'T GO ALONE YOU MAY NEED HELP

LEARN HOW TO HELP

EMERGENCY RESPONSE SKILLS, RESUSCITATION AND LIFESAVING ARE ALL WITHIN



lifesavers
THE LIFE SAVING SOCIETY

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