



CHECKLIST

Beach safety checklist before you swim

- ☐ Check weather and tide times the night before your visit

- ☐ Locate the red and yellow flags and set up within the patrolled zone

- ☐ Read all safety signs at the beach entrance

- ☐ Ask lifeguards about current conditions before entering the water

- ☐ Wade in slowly and splash your face and chest to acclimatise

- ☐ Agree a signal with children that means return to shore now

- ☐ Write down the beach name and nearest landmark before swimming

- ☐ Keep a mobile in a waterproof pouch and agree a group meeting point
