



CHECKLIST

Sea Swimming Safety Checklist

- ☐ Check tide times and weather before leaving home

- ☐ Read all beach signage and note flag colours

- ☐ Choose your exit point and mark it with a fixed landmark

- ☐ Wade in slowly and pause until breathing steadies

- ☐ Swim parallel to shore, not straight out

- ☐ Check your position against the shore landmark regularly

- ☐ Turn back while you still have energy in reserve

- ☐ Time your return during a lull between wave sets

- ☐ Dry off and change into warm clothing immediately after exiting
