



CHECKLIST

Beach Safety Checklist Before You Swim

- ☐ Check weather, tide times and whether lifeguards will be on duty
- ☐ Pack sun protection, drinking water and a first-aid kit
- ☐ Locate the lifeguard station and read all safety signs when you arrive
- ☐ Swim only between the red and yellow flags
- ☐ Enter the water gradually, feet first, until you know the seabed
- ☐ Agree a meeting point with your group in case you become separated
- ☐ Designate one adult to watch children in or near the water at all times
- ☐ Leave inflatables on the sand if the orange windsock is flying
- ☐ Leave the water immediately if you feel cold, tired or unwell
- ☐ Never swim alone or after drinking alcohol