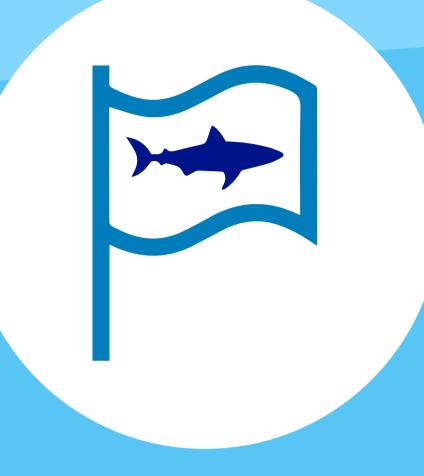
How to stay safe at the beach



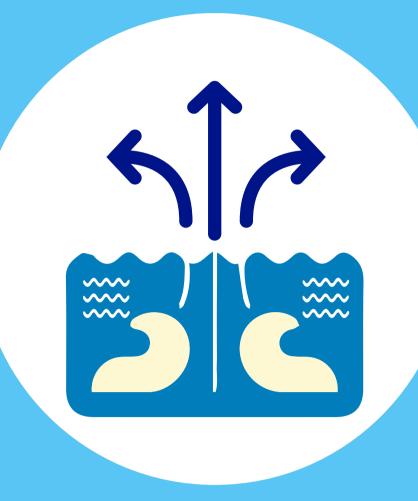
Shark safety: Do not swim, surf or surf-ski near feeding birds, dolphins or seals.

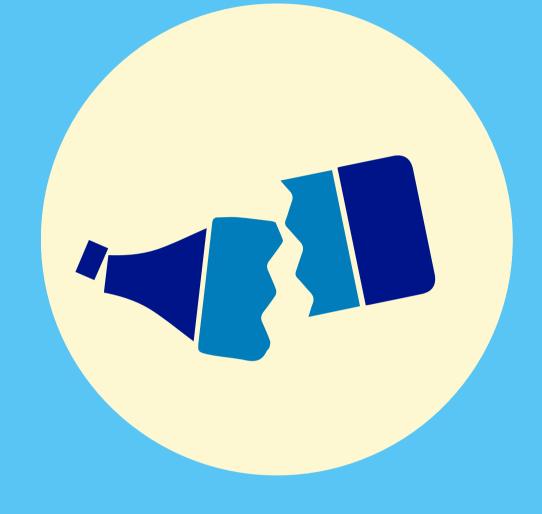
Safety in the water: Don't swim alone and only swim in designated areas.





Safety Signs and Signals: Read and obey all beach regulations, especially shark flags. Rip currents: Stay calm and swim slowly parallel to the shoreline.





Do not take glass bottles and/or containers to the beach as they can injure bare feet.

In tidal pools, swim only at low tide when no waves are breaking over the walls.





Always wear a hat and sunscreen, even when it's overcast.

Leave your valuables at home and keep a close eye on items you bring to the beach.





Only swim where there are lifeguards on duty and follow their instructions. Drink plenty of water to avoid dehydration.



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