



How to stay safe at the beach

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

Safety Signs and Signals: Read and obey all beach regulations, especially shark flags.

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

Rip currents: Stay calm and swim slowly parallel to the shoreline.



Only swim where there are lifeguards on duty and follow their instructions.



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



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.



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



Drink plenty of water to avoid dehydration.

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