

Be-ach Safe.

Swim between the red and yellow flags.



Why is being beachsafe important to you?

The beach is one of Australia's most important and enjoyable features. Everyone will visit the beach at least once in their life and sometimes as often once a week or more. It is important that you know how to enjoy the beach safely and above all else, swim between the red and yellow flags.

What should you be looking out for?

1. The red and yellow flags

- they show the supervised area of the beach and that a lifesaving service is operating



2. Warning signs

- they will highlight any potential hazards you should be looking out for



3. The lifeguards and lifesavers

- they are persons there to supervise you and provide advice on beach conditions. You should check to see what uniform your life saving service is wearing when you get to the beach so you know what to look for in an emergency.

How else can I enjoy the beach safely?

The beach is there for everyone to enjoy. Be mindful of others by keeping an eye out, especially on children, but most importantly take care of yourself and be aware of your own ability.

To enjoy the beach safely, remember:



F
Find the red and yellow flags and swim between them.

L
Look at, understand and obey the safety signs.

A
Ask a lifeguard or life-saver for advice before you enter the water.

G
Get a friend to swim with you.

S
Stick your hand up, stay calm and call for help if you get into trouble.

