



## Water Safety Tips

### Beach – Key Safety Tips

- ♣ Always swim with an adult – never swim alone.
- ♣ Swim between the red and yellow flags. This is the safest area and is patrolled by lifesavers.
- ♣ Read the surf conditions board before entering the water.
- ♣ Do not enter the water if you have any doubts about your ability to cope with the conditions.
- ♣ Keep watch on a reference point on the shore, to avoid drifting.
- ♣ Swim parallel to, not away from, the shore when you swim long distances.
- ♣ Obey lifesavers – leave the water immediately, or move as directed.
- ♣ Swimming at the beach after dark means that you cannot be seen if you are in difficulty.