

# Staying safe at the coast





Always visit a lifeguarded beach. The lifeguards will help you if you get into trouble.



Always take notice of flags on the beach.



**No swimming**  
Don't go in the water.



**Surfing area**  
Only surfers are allowed  
in the water. Don't swim.



**Swimming area**  
It is safe to swim  
between the flags.





Always take notice of warning signs. If you ignore this warning sign, the cliff might crumble under your feet and you could fall.





Never go near water alone. Always make sure there is an adult with you. An adult can warn you if there are dangers or help you if you get into trouble.





Never use dinghies or airbeds when a windsock is blowing.  
Inflatable toys can be swept out to sea by the wind.





Image from: Gary Perkin/Shutterstock.com

Always wear a life jacket when taking part in activities on or near water. It will help you to float if you fall into the water.





Never walk to an island or along the beach if the tide is coming in.  
You might get trapped or swept away by the water.





Always try to float on your back and stay calm if you fall into cold water. Wave and shout for help when you can.





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Always tell an adult or dial 999 if you see someone in trouble in the water. Ask for the police or coastguard. They will send a lifeboat to help.

