

When you visit the beach we want you to have fun but it's vital to understand about respecting the water as it is all too easy to get into danger without sometimes realising.

Please take time to read some safety tips prepared by the RNLI to help protect you and your family.

Float to Live

If you find yourself in difficulty in water, it is best to float to increase your chances of survival. This technique is also known as Float to Live. Remember:

1. Tilt your head back, submerging your ears.
2. Relax and try to control your breathing.
3. Move your hands to help you stay afloat.
4. Your legs may sink but that's OK – everyone floats differently.
5. Spread your arms and legs to improve your stability.

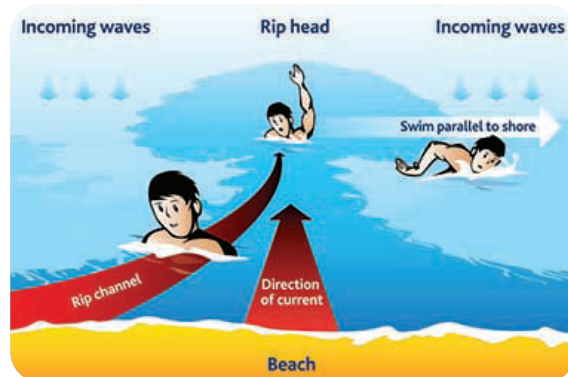
Tide times

Tide times and heights vary throughout the day and you can be easily caught out if you haven't checked them. To avoid being caught in a high tide, please check the tide times before visiting the beach by visiting metoffice.gov.uk

Rip currents

Rip currents are strong currents that can travel to speeds up to 4.5mph and can pull even the strongest swimmers out to sea. If you are caught by one, do the following:

- Stay calm and don't panic
- If you can stand, wade don't walk. If you have a board, then keep hold of it to help you float
- Raise your hand or shout for help
- Never swim against the rip current, it will exhaust you
- Swim parallel to the beach until free of the rip current then make your way to shore



Flags to remember



Red and yellow flag

The area is lifeguarded and these are the safest places to swim and bodyboard



Black and white chequered flag

An area for surfboard, kayaks and other non-powered crafts



Orange windsock

Show offshore or strong wind conditions – never use an inflatable when the sock is flying



Red flag

Means danger. Never go in the water when the red flag is up

Scan to donate

The work the RNLI do is only possible due to the kind donations of people just like you.

If you would like to donate today, please scan the QR code and help them continue to keep our coastlines safe.



If you see someone in trouble in the water call 999 or 112 and ask for the Coastguard.