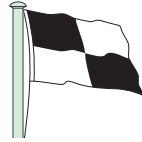


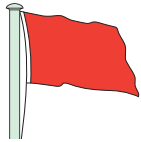
Know your flags and signs



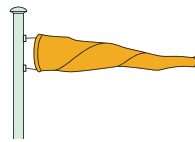
Never kitesurf between these flags. Red and yellow flags mark areas of water that are patrolled by lifeguards. These are the safest places to swim.



If these flags are present, launch your kite between them. Black and white chequered flags mean an area of water marked for use by surf craft.



Never enter the water when the red flag is flying. The red flag indicates danger.



Take care when kitesurfing. An orange windsock flying at the beach indicates that wind conditions are especially dangerous.



Be aware of kitesurfing in this area.



No kitesurfing in this area.

Remember: never enter the water when you see a red flag flying.



YOUR GUIDE TO KITESURFING SAFETY



For more information on extreme sports safety, beach safety, other safety literature or advice please call:

0800 328 0600 (UK)

1800 789 589 (Rep of Ireland)

or email

beachsafety@rnli.org.uk

or visit

www.rnli.org.uk/beachlifeguards

Photography: Myles New and Kirstin Prisk
On-location 'Whiteair'
Royal National Lifeboat Institution
Registered Charity No. 209603 (UK)
Registered Charity No. CHY 2678 (Republic of Ireland)



Kitesurfing accidents are on the increase!

Over the past four years, the number of kitesurfers who got into serious difficulty has increased by 1300%.

Kitesurfers can become tired and vulnerable very quickly when things start to go wrong. Careful planning, carrying the right safety equipment and knowing your limits can keep you out of danger.

The RNLI is committed to saving lives at sea. Increasing safety awareness amongst kitesurfers is a fundamental part of this so that dangerous situations are avoided in the first place.

How you can help save lives

The RNLI relies on voluntary contributions and your donation will make an enormous difference to our work:

- Just £2 a month helps provide a first aid kit
- Just £3 a month supports our lifeguard training programme
- Just £4 a month helps buy binoculars

Your gift will help the RNLI save more lives.

Ask the lifeguards for an application form to make a regular monthly gift.

Or to make a donation call our hotline on 0800 543210 or to donate online www.rnli.org.uk/beachlifeguards

Thank you for your support today.

Extreme sports, extreme care – send for the DVD on sea safety advice



Kitesurfing, windsurfing and surf kayaking are great fun but these extreme sports mean that extra special safety care is required. To meet this need, the RNLI has produced a DVD packed with sound advice from top professionals on how to enjoy your sport and stay safe. Covering topics such as clothing, equipment, weather and tides, self-rescue techniques and more, this is the ultimate safety guide for extreme enthusiasts. Ask now for your copy.

Call free on:
0800 328 0600 (UK) or 1800 789 589 (Republic of Ireland)
 Or email us at: beachsafety@rnli.org.uk

committed to Sea Safety

Kitesurfing can be potentially hazardous. The RNLI is committed to Sea Safety and by working closely with the governing bodies we aim to reduce the risk and make kitesurfing safe and fun for all.



BKSA
 British Kite Surfing Association
www.kitesurfing.org



IKO
 International Kiteboarding Organisation
www.iko.com

Be prepared!

- Let someone know you are out and what time you expect to return.
- Know your rescue signals.
- Practice
 - self-rescue pack down techniques with qualified BKSA / IKO instructors
 - killing the power of the kite instantly
 - winding the lines onto the bar and deflating the leading edge
 - releasing the quick release system under tension
- If you lose your kite or board, report that you are safe to the rescue services so that they do not spend time looking for you.
- Write your contact details on all your equipment.
- If you see someone in difficulty tell a lifeguard or call 999 / 112 and ask for the Coastguard / Irish Coast Guard.

