

SURF IN SAFETY. HOW TO STEER CLEAR OF DANGER.

Surfing and body boarding can be very demanding, so you need to be a competent swimmer. Experience of swimming at surf beaches is helpful, as it will help you to develop an understanding of the behaviour of waves.

New to surfing?

If you're starting out, we suggest you get some professional training from an approved British Surfing Association School. Beginners should use a larger than average board (at least 12 inches longer than the surfers height) and ideally it should be soft skinned.

Advice for all.

- Always follow the advice given by the lifeguard.
- Always warm up before going surfing or body boarding.
- Always show consideration for other water users.
- Never go out on your own, and ensure your board has a suitable leash.
- Only surf or body board within your own ability.
- Before you go out, find the safest place to enter the water (if in doubt, ask a lifeguard or experienced local surfer).

Advice for surfers.

- When paddling out, avoid surfers who are riding waves.
- If someone else is taking the wave, you must not take off.
- Only surf between the black and white chequered flags if they are flying – and never surf between the red and yellow flags.

Advice for body boarders.

- Only body board between the red and yellow flags.

Getting out of trouble.

- If you get into difficulties, stick up your hand and shout for help – but never abandon your board.

REMEMBER: for professional advice on surfing, contact the BSA on 01736 360 250 or visit www.britsurf.co.uk

To find out more about beach safety visit
rnli.org.uk
or call 0800 328 0600.

Beach
Lifeguards

The RNLI logo is a red and white chequered flag with a red cross in the center. The letters 'R', 'N', 'L', and 'I' are positioned in the four quadrants of the flag.