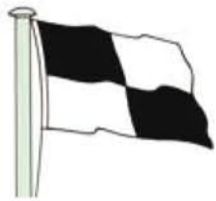


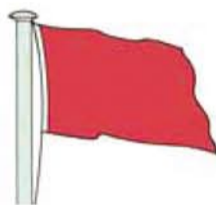
Know your flags What the different flags on the beach mean



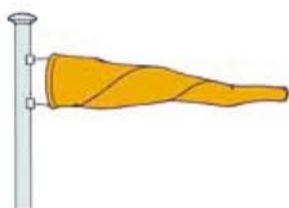
Red and yellow flags mark areas of water that are patrolled by lifeguards. These are the safest places to swim.



When you see black and white chequered flags, it means an area of water has been marked for use by craft. For your own safety, do not swim in these zones.



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



An orange windsock flying at the beach indicates that wind conditions are especially dangerous – so under no circumstances should you take an inflatable into the sea.



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

0800 328 0600

email

beachsafety@rnli.org.uk

or visit

rnli.org.uk/lifeguards

Photography: Myles New and Kirstin Prisk

The Royal National Lifeboat Institution
A charity registered in England,
Scotland and the Republic of Ireland
2007/4



YOUR GUIDE TO BEACH SAFETY



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

It's a great day to be at the beach



The UK and the Republic of Ireland are lucky enough to have some of the finest, cleanest beaches. Mile upon mile of golden sand, clean water and lots of summer attractions.

That's why many people enjoy our beaches every year – for day trips, family holidays, swimming, surfing and more.

To ensure your family's safety on the beach visit goodbeachguide.co.uk to search for lifeguarded beaches in your area.

RNLI makes the beach a safer place

Every year thousands of people get into real, life-threatening difficulty. They may be washed out to sea, pulled under by a strong rip current, or simply get into the water when the conditions are dangerous.

Last year in the UK, around 70 people drowned off Britain's beaches. We don't want that to happen to you or to someone you love.

It's also why we've compiled some simple steps you can take to help stay safe on the beach.

To stay safe, remember **F.L.A.G.S.** whenever you are at the beach:

- F** Find the red and yellow flags and swim between them. Always swim where there is a lifeguard on patrol, and stay inside the area marked by the red and yellow flags. Never swim where a sign says not to, or when the red flag is flying.
- L** Look at the safety signs. Always read and obey the safety signs – they will help you avoid potential dangers on the beach, and to identify the safest areas for swimming.
- A** Ask a lifeguard for advice. If in doubt, it's always best to play it safe and ask the experts.
- G** Get a friend to swim with you. Make sure there are other people around, because you never know when help might be needed.
- S** Stick your hand in the air and shout for help if you get into difficulty.

If you see someone in difficulty, tell a lifeguard. If you can't see a lifeguard call 999/112 and ask for the Coastguard.



A fully integrated rescue service

RNLI lifeboats provide on call, the 24-hour service necessary to cover search and rescue requirements up to 100 miles out from the coast of the United Kingdom and the Republic of Ireland. There are over 230 lifeboat stations.

The RNLI lifeguard service operates on beaches throughout England. The lifeguard service brings together best practices from around the world ensuring the service standards are the highest possible.



The RNLI depends on voluntary contributions and legacies for its income.

How you can help save lives

Please, make a gift to help support the RNLI, so we can continue to train and equip more lifeguards and lifeboat crews. Only with your support can we ensure they can be there to help someone in difficulty – perhaps even someone you know.

Your gift will help the RNLI save more lives.

To make a donation call our hotline on **0800 543210** or to donate online rnli.org.uk/lifeguards

RNLI lifeguards work along side *Lifesavers* – the Royal Life Saving Society UK and the Surf Life Saving Association of GB



