

TOP 10

Beach Safety Tips



1

CHOOSE A LIFEGUARDED BEACH

Choosing to visit a lifeguarded beach gives you and your family the protection of highly trained lifeguards.



2

DRINK PLENTY OF WATER

Keep well hydrated and ensure children are drinking plenty of water throughout the day.



3

SLIP, SLAP, SLOP

SLIP on a rash vest, SLAP on a brimmed hat and SLOP on some sun cream. Even on a cloudy day you can get burnt.



5

DON'T USE INFLATABLES

Inflatables can be dangerous when combined with rip currents, rough waves or during a strong, offshore wind.



4

DESIGNATE A LOST POINT

Choose a safe point to meet up if your children get lost.



6

KEEP COOL IN THE SHADE

During hot weather seek shade, particularly during the hottest time of the day between 11am and 3pm when UV penetration is at its strongest.



7

CHECK TIDE TIMES

Don't get cut off by the tide. Research tide times prior to visiting the beach.



8

WEAR A WETSUIT

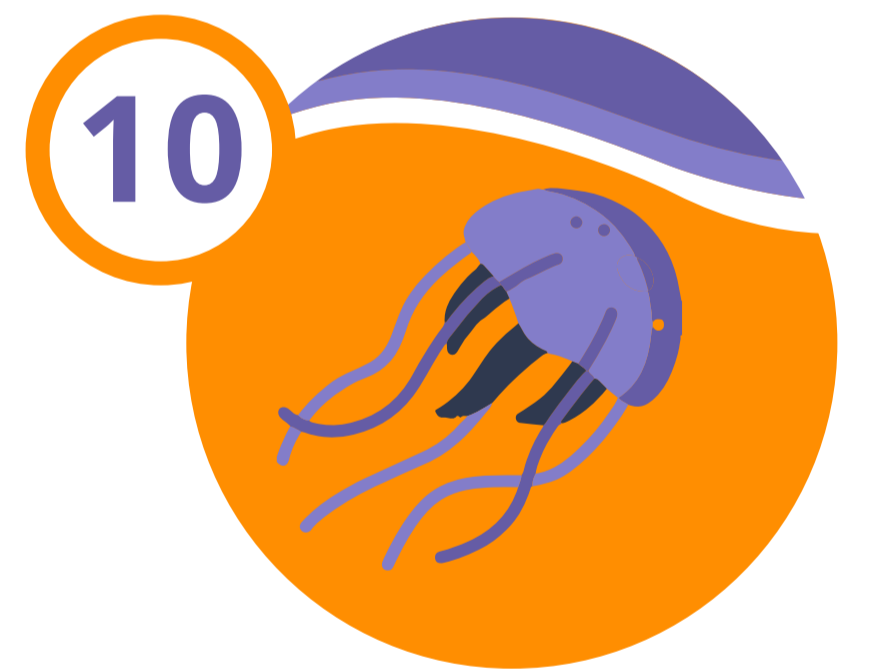
In Cornwall our average sea temperature is 12 degrees. Avoid cold water shock by wearing a wetsuit in cooler conditions.



9

RIP CURRENT

If you get caught in a rip current stay calm, raise your hand and shout for help. Never try to swim directly against the rip or you'll get exhausted.



10

THINGS THAT STING

Watch out for jellyfish, weever fish and sea urchins. Treat stings with seawater (not fresh water), soak the area in very warm water and seek medical attention.

BE SAFE AND HAVE FUN!