

# Beach safety starts at home

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## Select a safe beach...

Download the  
Beachsafe app



Is the beach  
patrolled by  
lifesavers today?

You should not swim at an unpatrolled beach as no one is there to save you if you get into trouble.



Is the beach open or closed?

If a beach is closed, it means that it is too dangerous to be in the water – you should avoid any closed beaches.



What hazards are at the beach?

Hazards might include rip currents, marine creatures such as blue bottles or large waves.



How strong is the sun?

The Australian sun can get very strong, make sure you check the UV rating and get plenty of shade and water throughout the day.



## 2 Pack items to keep you safe at the beach

Sunscreen, hat and a long sleeve top

- Sunscreen should be applied at least 30 minutes before you go outside.
- Sunscreen should be reapplied regularly throughout the day, especially if you are in the water.



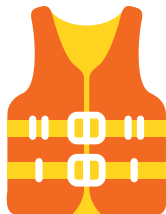
Swimwear

- Do not swim in normal clothes as these can become waterlogged (filled with water) and can become very heavy making it very difficult to float, swim or stand in the water.
- There are many safe options for swimwear, including the burkini which covers the whole body.



Rock fishing safety gear

- If you intend to go rock fishing, make sure you follow the rules, dress appropriately and have the correct safety equipment with you.
- Lifejackets when rock fishing are the rule and fines apply for not wearing them.
- Make sure you know how to inflate your lifejacket – many drownings occur because people don't know how to use their safety equipment.



Do not pack alcohol

- Make sure you have plenty of water to keep you hydrated
- Avoid alcohol while at the beach as it can impair your ability to think clearly and make the right decision.
- Alcohol slows down your reaction time and increases your chances of getting into trouble while in the water.



# How to stay safe while at the beach...

## Always swim between the red & yellow flags

Lifesavers place the flags where it is safe to swim and they will be observing this area and will notice if you need help.



## Look for beach safety signs

Lifesavers place signs on the beach to let you know of any dangers that may be present – make sure you look for these signs before you go into the water.



## Say hello to a lifesaver

When you arrive at the beach go and say hello to the lifesavers – they are there to help and they love to meet new people and answer any of your questions.



## Never swim alone

Always swim with a friend or an adult and never go into the water by yourself.



## If you get into trouble in the water, stay calm and raise your arm.

Getting caught out in the ocean where you cannot touch the bottom can be scary but remember to stay calm and raise your arm for help.

Try to float and if you feel you are being pulled away from the shore avoid trying to swim against the current – this will only make you tired and unable to stay afloat.



## In an emergency – call 000

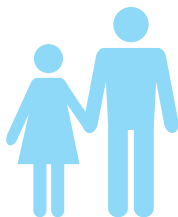
If you cannot swim do not try to rescue other people who are in trouble – always get help – if a lifesaver is not available call 000.

You can help someone by throwing them something to hold onto like a board or a cooler box. Look around, many beaches have red floatation devices installed for public use.



## Lifesavers are not babysitters

Lifesavers are there to help but they are not babysitters and children should never be left alone on the sand or in the water without an adult to watch them.



## How beach safe are you?

Take the test and find out how much you know about staying safe at the beach. [Click here.](#)

