

BEING SAFE AT THE BEACH

F

Find the RED & YELLOW FLAGS & swim between them

L

LOOK FOR safety signs and follow what they show you

A

ASK a lifesaver or lifeguard for safety advice

G

GO swimming with an adult or a friend

S

SIGNAL for help if you get into trouble in the water

Take care of our beach environment

SUNSAFE
– Always remember to take your sunscreen



SURF LIFE SAVING
NEW SOUTH WALES