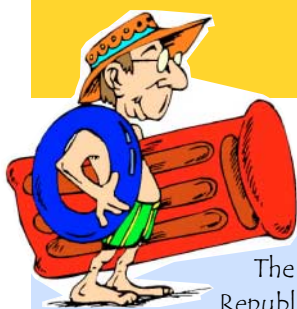


Special Feature



Beach Safety Messages



The RNLI is a charity providing a 24 hour lifesaving service around the UK and Republic of Ireland. Volunteers from all walks of life generously give their time, skills and commitment to save lives at sea in often difficult and dangerous conditions.

Since the RNLI was founded in 1824, its lifeboats have saved more than 137,000 lives. In 2004 RNLI lifeboats rescued 7,507 people – an average of 21 people per day. RNLI Beach Lifeguards assisted 9,041 people.

The RNLI are committed to helping young people stay safe. All our young people, whether they live inland or near the coast, need to learn how to stay safe by the sea. They may all find themselves in a difficult situation, whether they visit the beach every week or once a year. Four young people are rescued by the RNLI every day.

For further information from the RNLI visit their websites:

www.rnli.org.uk www.rnli-shorething.org.uk

Here is some good advice from the RNLI....

It's very exciting going to the beach on nice days but don't be a silly bear like Paddington! On a warm day you'll want to wear your bathing suit and do be careful when playing with your inflatable toys.

Fun boats, lilos and other inflatables are best kept for the swimming pool. They can be dangerous at the seaside so make sure you have a grown up with you if you take them in the sea.

Remember – **SAFE** when visiting the beach



Spot the dangers means being aware of different dangers like rocks and groynes (a groyne is a breakwater which is like a fence and can be buried under the sand).

Always go with a friend or with an adult means being aware that it is always safer to go swimming with your friend or in a group, so that if you do get into danger there is someone there to help.

Find and read the safety signs means being aware of the different flags found at the beach and knowing what they mean.

- ◊ Red and yellow flags – safest place to swim.
- ◊ Black and white checked flags – surfers only, no swimming.
- ◊ Red flags – dangerous to swim.
- ◊ Orange sock – do not take inflatables into the water

Emergency – put your hand up and shout! This means being aware of the different ways of getting help in an emergency. If you are in danger put your hand up and shout! If you see someone with their hand up you should get help fast. Don't wander off without telling your family/friends where you are going. But, if you do get lost look for a lifeguard or another family to help you.

Ways to get help

- ◊ Tell the lifeguard
- ◊ Tell the nearest responsible adult you see
- ◊ Dial 999 / 112 & ask for the coastguard

Other things for you and your family to remember for a safe day out:

- Remember to put on your sunscreen and a hat on warm days.
- Watch out for slippery and sharp rocks – it's a good idea to wear beach shoes to protect your feet.
- When digging in the sand – don't dig down, dig up! That means don't dig deep holes, or bury each other in the sand, which can be very dangerous – make exciting sandcastles and sand shapes instead!

Watch out for big waves and strong currents, which can knock you over and drag you out to sea. And keep an eye on the tide. Just remember these few things and you'll be much more likely to have a great day at the beach.



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