

Beach Safety

Beaches are one of the most popular places to visit but the coast is a natural environment and can be dangerous if you are not beach safe. Before you go to the beach, make sure you know how to stay safe.

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- Only swim and bodyboard between the red and yellow flags.
- Check the weather and tide times before you go to the beach.
- If you get into trouble, put your hand in the air and shout for help. If you are on a bodyboard, inflatable or surfboard do not let go as these will help you to float.
- If you see someone else in trouble, tell a lifeguard straight away. If you cant see a lifeguard call 999 or 112 and ask for the Coastguard.
- Never use inflatables when the orange windsock is flying, as this shows winds could blow inflatables further out to sea.



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Person signalling for help

People safely playing

Beach Safety Flag



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At lifeguarded beaches, these flags are used to indicate where and when it is safe to enter the water .



Red and yellow flags

Lifeguarded area. Safest area to swim, bodyboard and use inflatables.



Black and white chequered flags

For surfboards, stand-up paddleboards, kayaks and other non-powered craft. Launch and recovery area for kite-surfers and windsurfers. Never swim or bodyboard here.



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Danger! Do not enter the water under any circumstances



Orange windsock

Indicates offshore or strong wind conditions. Never use inflatables when the windsock is flying.