

# FACT SHEET 1

# ENJOYING THE BEACH



IF YOU ARE LUCKY ENOUGH TO LIVE NEAR THE BEACH – OR ARE VISITING THE BEACH ON HOLIDAYS – MAKE SURE YOU FOLLOW THESE TIPS:

**F**

**FIND** the flags and swim between them – they mark the safest place to swim at the beach.

**L**

**LOOK** at the safety signs – they help you identify potential dangers and daily conditions at the beach.

**A**

**ASK** a surf lifesaver or a lifeguard for some good advice – surf conditions can change quickly, so always check before you enter the water.

**G**

**GET** a friend to swim with you – you should never swim alone and parents should always supervise their children when they are in the water.

**S**

**STICK** your hand up for help – if you get into trouble in the water, stay calm and raise your arm to signal for assistance. Don't try to swim against a current or rip, but float with it.

For more information on any other matter relating to aquatic safety, contact:

**Surf Life Saving Australia**  
02.9300.4000 or  
slsa.com.au

**Surf Life Saving NSW**  
(02) 9984 7188 or  
surflifesaving.com.au

**Surf Life Saving QLD**  
(07) 3846 8000 or  
lifesaving.com.au

**Life Saving Victoria**  
(03) 9676 6900 or  
lifesavingvictoria.com.au

**Surf Life Saving SA**  
(08) 8354 6900 or  
surfrescue.com.au

**Surf Life Saving WA**  
(08) 9243 9444 or  
mybeach.com.au

**Surf Life Saving TAS**  
(03) 6223 5555 or  
slst.asn.au

**Surf Life Saving NT**  
(08) 8985 6588 or  
lifesavingnt.com.au

Or contact your local surf life saving club.



## AND REMEMBER:

- NEVER SWIM AT UNPATROLLED BEACHES
- NEVER EVER SWIM AT NIGHT
- NEVER SWIM UNDER THE INFLUENCE OF DRUGS OR ALCOHOL
- NEVER RUN AND DIVE INTO THE WATER
- NEVER SWIM DIRECTLY AFTER A MEAL

REMEMBER THE F.L.A.G.S AND STAY SAFE THIS SUMMER!