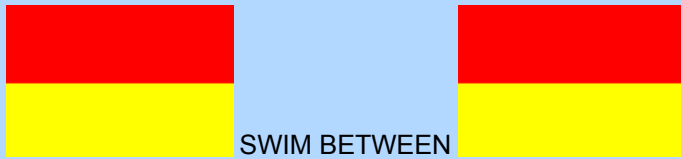


Remember Your Flags



SWIM BETWEEN
THE RED & YELLOW FLAGS



NEVER SWIM WHEN THE RED FLAG IS FLYING

Watercrafts



The black and white chequered flags mark the area for surfers and other non powered water craft.

Please never swim in an area where surf craft are present, it can cause serious injury.

Sometimes it's not immediately obvious why certain flags are up. If you are unsure why a flag is up, or you simply want advice please do not hesitate to ask a Lifeguard.

F Find the red & yellow flags and swim between them

L Look at the safety signs

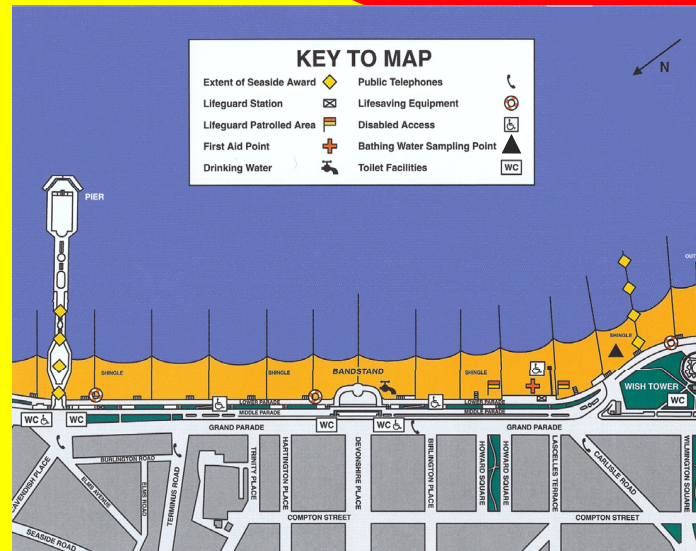
A Ask a Lifeguard for advice

G Get a friend to swim with you

S Stick your hand up and shout if you get into difficulty

For the Coastguard Dial
999 or 112

Eastbourne Lifeguards
& First Aid Post
01323 412290



For further information visit
The Lifeguard & First Aid Post
12 Lower Parade, Grand Parade,
Eastbourne, BN21 3AD
Tel: (01323) 412290
www.VisitEastbourne.com
www.BeachSafety.org.uk

visit
Eastbourne

Issued By: Seafront Services, 6 Lower Parade,
Grand Parade, Eastbourne, BN21 3AD
(01323) 410611 - seafront@eastbourne.gov.uk

Eastbourne
BEACH LIFEGUARDS

Stay Safe on
The Beach



VisitEastbourne.com/Seafront

Beach Safety

We want you to enjoy your time at the beach but it can be a dangerous place. Each year the Lifeguards attend hundreds of incidents just because people ignore safety information or don't take the right precautions.

Eastbourne's beaches are patrolled by Lifeguards from May - September. Please follow the advice in this leaflet as well as advice given to you on the day on how to get the most out of your day at the beach. Pay particular attention to the flags before entering the water. Help us help you and you'll have a day out to remember!

Points to Remember

- Don't go swimming straight after eating and never go swimming after drinking alcohol.
- Do get out if you feel cold.
- Do keep an eye on the tides.
- Don't swim near the Pier or groynes.

Always follow the advice given by the Lifeguards

Inflatables

Inflatables and dinghies are fun at the swimming pool but our advice is not to use them in the sea. If you are adamant on using inflatables at the beach please take the following precautions:

- Children's inflatables should always have a line connected – held securely by an adult on the shore.
- Make sure children are within easy reach at all times.
- Only use inflatables between the red & yellow flags.
- Always follow the advice given by the Lifeguards.
- Never use inflatables in strong winds or large waves.
- Be aware of strong tides.

Safe in the Sun

Be careful of the sun – The sun's rays can cause cancers, even when its cool and largely cloudy the sun can still cause sunburn and heat stroke.

Protect yourself.

Remember SLIP, SLAP, SLOP:

- SLIP....** on a shirt
- SLAP...** on a hat
- SLOP...** on some sun block

Ideal sun blocks – SPF 30-50 for all skin types. Apply liberally before going outdoors and reapply often. Stay in the shade when the sun is strongest, between 11am – 3pm.

Stay hydrated: Drink plenty of water at regular intervals to stay hydrated.

Protect your eyes: Wear sunglasses offering 100% UV protection and a wide rimmed hat.

Weeverfish

Weeverfish are very common in the waters around the UK. The fish can have a nasty sting. The effect of a sting can vary from a minor rash to extreme swelling, so it's important you know what to do if it happens.

Seek help at the Lifeguard & First Aid Post.

Treating a sting is simple. Place the affected area in hot water, the hotter the better. Test the water first so not to scald. The heat will destroy the toxic venom.

If severe or life-threatening symptoms are present, seek emergency medical help immediately.

Lost Children

Don't lose your kids... supervise them at all times. When you arrive at the beach agree a meeting place so everyone knows where to go if you become separated, the Lifeguard & First Aid Post is a good place to choose.

Take part in the **Kidzsafe** wrist band scheme... it's FREE and a highly effective way to safeguard your kids. The wristbands are available from the Lifeguard & First Aid Post and the Seafront Office.

If you do lose your child try not to panic, have a quick look around and inform the Lifeguards as soon as possible. If you cannot find a Lifeguard telephone the police.

If you go searching make sure any other children with you are supervised. Remember to report back to the Lifeguards at regular intervals.

If you find your child it is very important to notify the Lifeguards and/or the Police.

REMEMBER – Agree a meeting place when you arrive and supervise your kids at all times.

TYRO LIFEGUARD

FOR 9-14 YEAR OLDS

Personal Survival
Beach Safety
Rescue Skills
Basic First Aid
Patrol Boat Training
Beach & Surf Safety Equipment

From
£15.00
Per Session



Sessions are 3 hours and are held during the school summer holidays, mornings or afternoons. Pick up a leaflet from the Seafront Office for dates and times or Call: 01323 410611