

# SEA RESCUE'S SAFETY PLAN INCLUDES

1. Do not swim in your clothes. Wet clothes become heavy and will pull you down.
2. Pack sunscreen, a hat, food and water for your trip to the beach. If you spend too much time in the sun you might get dehydrated and tired.
3. It is very dangerous to swim when you are not feeling well.
4. Memorise the **emergency number**. You can call **10177** from any cell phone.
5. Choose a beach where lifeguards are on duty. Swim between their red and yellow flags. If lifeguards are not on duty do not swim.
6. If the rocks are wet it means that waves can reach these rocks. If you are on these rocks the waves will also be able to reach you and might wash you off.
7. Look to see if it's low or high tide. If you have walked on the sand to go to a small rocky island at low tide, you might get trapped once the tide comes in. The water will be too deep for you to walk back.
8. Children should always ask a responsible adult to go with them to the beach and watch them while they swim.
9. Never swim alone.
10. Never turn your back to the sea.
11. Beware of water that very suddenly gets deep.
12. Never swim when you are tired, too upset or too cold.
13. Never swim after you have eaten a big meal. A sandwich or something small is sufficient to keep energy levels up.
14. Never push a friend into the water or force a friend to swim if they don't want to swim.
15. Never go after a ball, a kite or an inflatable tube when it gets swept out to sea by the wind. You might lose focus on the depth of the water and before you know it, it might be too deep for you to stand. You could get swept out to sea.
16. Be aware of strong currents. A strong current looks like a river of water flowing out to sea. You can easily spot a strong current. Throw a stick into the water it will be pulled out to sea.

**EMERGENCY: DIAL 10177 FROM A CELL PHONE**



**With your help, a Pink Rescue Buoy could save a life.**



**SEA RESCUE  
EMERGENCY  
087 094 9774**



**DO NOT GO  
INTO THE  
WATER**



**THROW THE  
BUOY TO  
THE PERSON**

**SEA RESCUE EMERGENCY NUMBERS:**  
In a water emergency, contact your local sea rescue station  
**National SEA RESCUE Emergency No: 087 094 9774**



KNYSNA	082 990 5956
PLETTENBERG BAY	082 990 5975
MOSSEL BAY	082 990 5954
WILDERNESS	082 990 5955
STILL BAY	082 990 5978
WITSAND	082 990 5957



**BE SAFE THIS SUMMER!**  
take precautions...



Western Cape  
Government  
Health

BETTER TOGETHER.

# BE SAFE THIS SUMMER! take precautions...



Rip currents: Stay calm and swim slowly parallel to the shoreline.



Only swim where there are lifeguards on duty and follow their instructions.



Don't swim alone and only swim in designated areas.



Shark safety: Do not swim, surf or surf-ski near feeding birds, dolphins or seals.



In tidal pools, don't swim when waves are breaking over the walls.



Do not take glass bottles/containers to the beach as they can injure bare feet.



Leave your valuables at home and keep a close eye on items you bring to the beach.

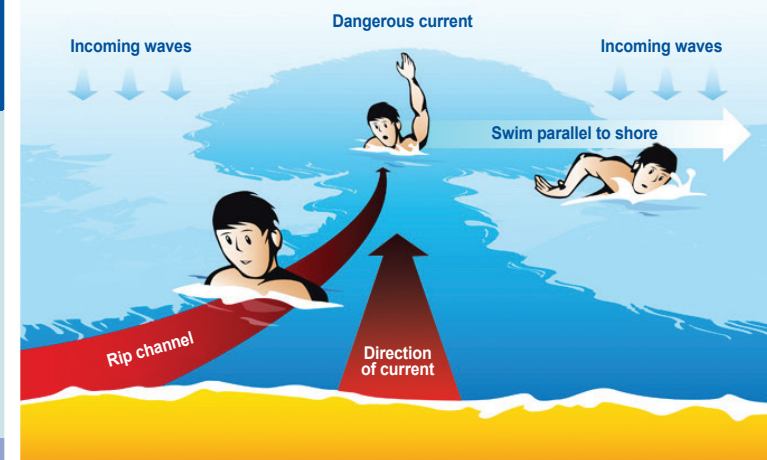


Always wear a hat and sunscreen, even when it's overcast.



Drink plenty of water to avoid dehydration.

Safety signs: Read and obey all beach regulations, especially shark flags.



## SWIM BETWEEN THE FLAGS



To enjoy a safe beach experience only swim where and when lifeguards are on duty. Swim between the red and yellow flags.

## WHEN CAUGHT IN A CURRENT...

1. Do not panic.
2. Do not try to swim straight back to the shore against the current. This will exhaust you.
3. Turn on your back and float.
4. Raise one arm in the air and wave for help to alert the people on the beach that you are in trouble.
5. As the rip current goes further out it gets weaker.
6. Swim parallel to the beach, out of the current, and then use the waves to help you get back to the beach.

**Remember:** RIP currents are at their strongest for a few days before and after spring tide.

The further the rip current goes out to sea, the weaker it will get. Swim parallel to the beach, out of the current and then use the waves to help you get to the beach.