



Lifeguards

BEACH SMART



THE

FUN-DAMENTALS

OF SEASIDE SAFETY

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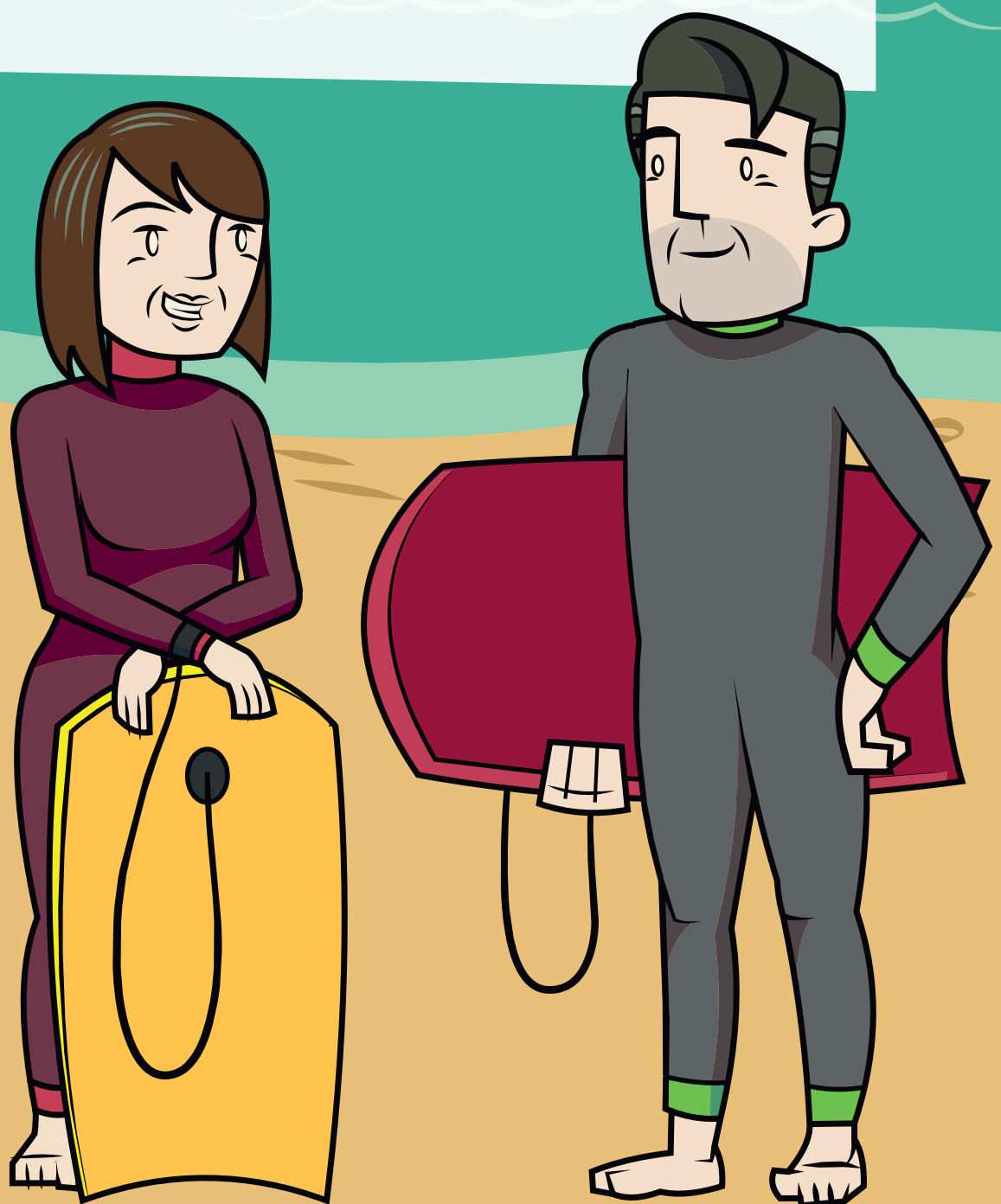
**A FEW
EXTRA
BITS**



PREP FOR YOUR TRIP

INCLUDES

- ◆ Finding the right beach
- ◆ The bottom line on beach safety
 - ◆ Sea, sand and sun protection
 - ◆ Packing your beach essentials



FINDING THE RIGHT BEACH

Did you know that, in the UK, you're never more than 70 miles from the sea?

But before you grab a bucket and spade, it's always worth checking where the RNLI's lifeguarded beaches are. [Explore the official list here.](#)

PICK FROM OVER 200 LIFEGUARDED BEACHES

A LIFEGUARDED BEACH MEANS ...



Flags to mark the safest place to swim.



Lifeguards to provide key safety advice and rescue anyone in trouble.



Lifeguards to call for help.



THE BOTTOM LINE ON BEACH SAFETY

S

SPOT THE DANGERS

Check for hazards even if the beach looks safe. Not all dangers are obvious. Check for tides, currents and hidden rocks under the water.

A

ADVICE

Always read and follow safety signs. Only swim at a lifeguarded beach, between the red and yellow flags. Wear buoyancy aids or lifejackets when going afloat.

F

FRIEND

Always go with a friend or family member. Friends can get help. You should never swim alone.

E

EMERGENCY

Find the nearest phone and call 999 or 112 and ask for the Coastguard. Shout loudly to attract attention. Never enter the water to save a person or pet. If you are in the water, stick up your hand and shout.

SEA, SAND AND SUN PROTECTION

Don't be fooled by our Summer weather! Your family can catch the sun even when it's cloudy.

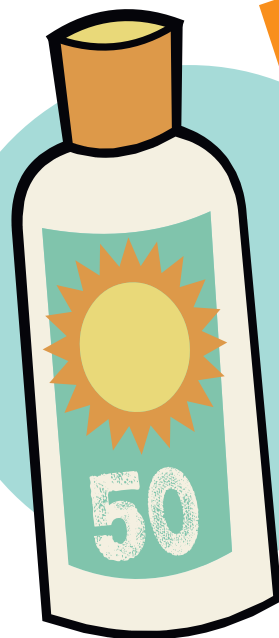
SLIP, SLOP, SLAP...

These five top tips for sun safety are the best way to avoid that ripe tomato look.



SLIP

Slip on a T-shirt.



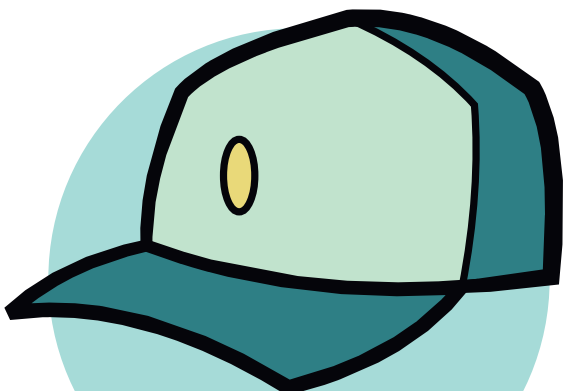
SLOP

Slop on some sunscreen with a high SPF.



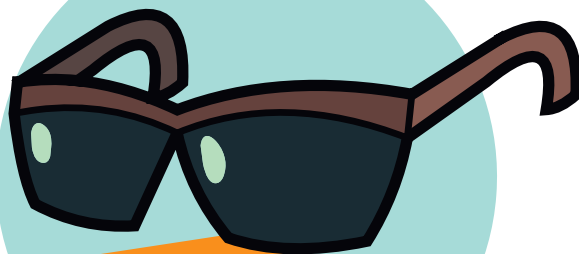
SEEK

Seek shade between 11am and 3pm.



SLAP

Slap on a hat.



SHADE

Shade your eyes with sunglasses that have UV protection.

PACKING YOUR BEACH ESSENTIALS

All the gear, no idea?
Not when it comes to
beach safety!

Tap each item to
see why it totally
deserves a place
in the car boot ...

PHONE

Great for tagging beach shots on Facebook. But vital when calling for help if someone's in trouble.

WETSUIT

Even in Summer, our waters aren't exactly tropical. A well-fitting wetsuit keeps you warm and makes activities way more comfortable!

SNORKEL AND MASK

Lets you breathe underwater, while you peacefully gaze at all the fish milling about below. Bliss.

FINS ✓

Fins make it easier to swim, so you don't get tired. They also help you paddle faster when catching waves!

WINDBREAK ✓

As well as keeping sand from blowing into your picnic, windbreaks are great for a bit of privacy.

BOTTLES OF WATER ✓

Whether it's from a fancy spring or the kitchen tap, drinking water is a must! And it's not just the sun that dehydrates you – swimming and bodyboarding also make you sweat.

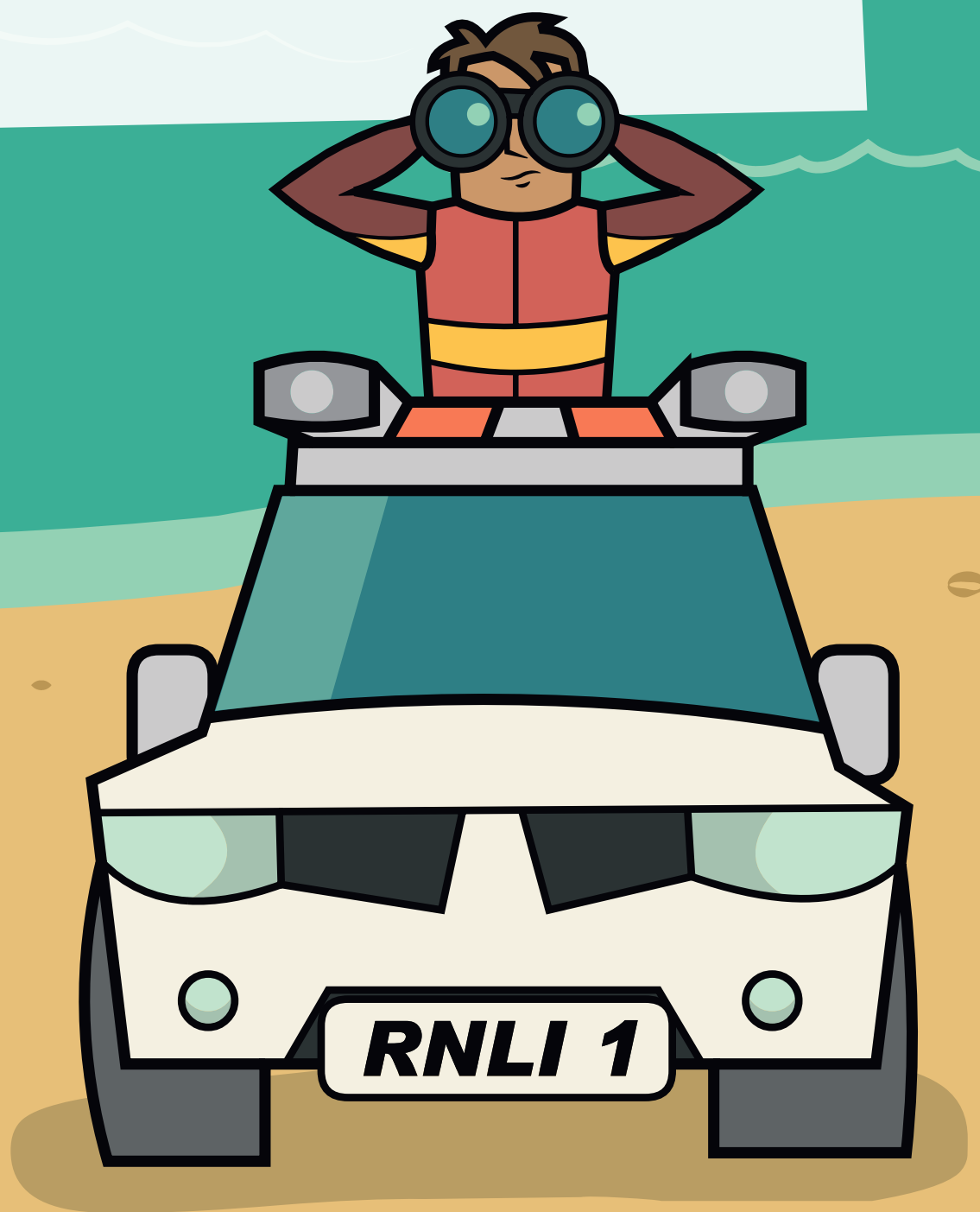
BODYBOARD ✓

Not only are bodyboards great for catching waves, they also keep you afloat if you get into trouble. Just make sure yours has a leash and it's attached to your wrist when in the water.

TIME FOR A DIP

INCLUDES

- ◆ Your pre-swim check
- ◆ Bodyboarding dudes and don'ts



YOUR PRE-SWIM CHECK

Here are six of the most common safety signs you'll see at the beach.

Do you know what they all mean?

#1 UNDERSTAND THE DANGERS



#2 KNOW YOUR FLAGS



RED AND YELLOW FLAG

Safest area to swim and bodyboard on a lifeguarded beach.

BLACK AND WHITE FLAG

For surfers, stand-up paddleboarders and kayakers only. Never swim or bodyboard here.



RED FLAG

Danger! Never go in the water when the red flag is flying.

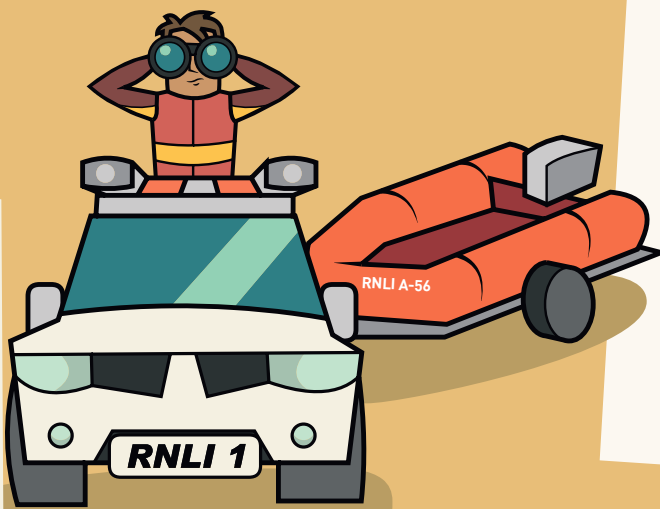
ORANGE WINDSOCK

Indicates strong winds. Never take inflatables into the water when the windsock is flying. You could be blown out to sea.



#3 KNOW WHERE THE LIFEGUARD IS

If you can see the lifeguard, the lifeguard can see you. Which means they can rescue you if you get in trouble.



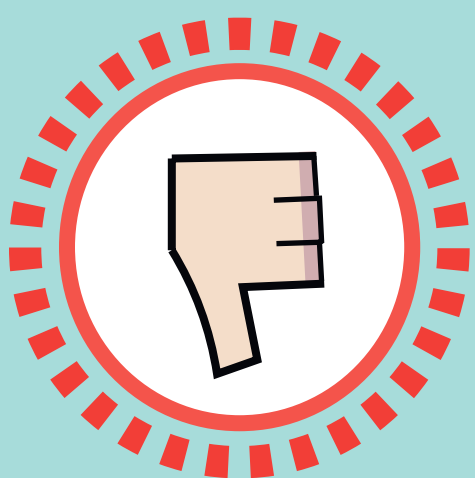
#4 NEVER GO IN ALONE

Remember to always bodyboard with a friend or adult.

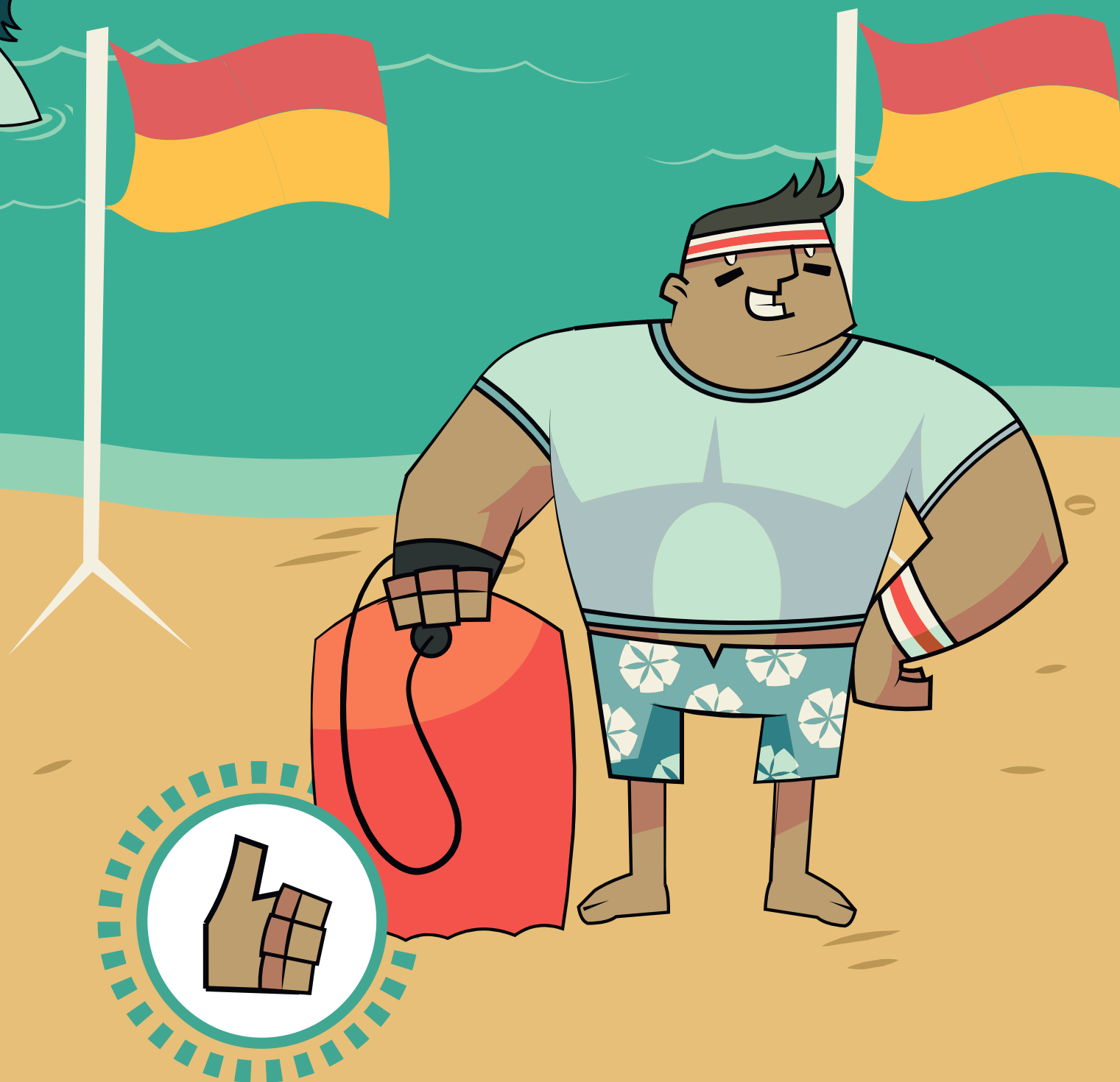
And of course, the more the merrier!



BODYBOARDING DUDES AND DON'TS



Luke's outside the two red and yellow flags. He thinks the waves are better over there. But he risks being pulled out by a nasty rip current.



Darren's board has a leash. This means he won't lose his board in the waves and always has it to hand if he needs a rest.

WAVE CATCHING TIPS

INCLUDES

- ◆ Bodyboarding
Level: Newbie
Level: Intermediate
Level: Legend
- ◆ Basics of bodysurfing



LEVEL: NEWBIE

1

PICK THE BEST WAVE

See where the waves are breaking? Get yourself a little bit further out. That's where the waves are at their peak. But start off in the white water waves closest to shore.



Remember to always bodyboard with a friend or adult.



2

GET IN POSITION

Point your board at the shore and when the wave's about two metres behind you (roughly the length of two bicycles), paddle and kick as hard as you can.



3

CATCH IT!

As you catch the wave, you'll feel yourself speed up. Push down the nose of your board to go even faster, or pull it up if you want to go slower.

TOP TIP

Lean forward
for extra speed.

LEVEL: INTERMEDIATE

Feeling confident?
Try this ...

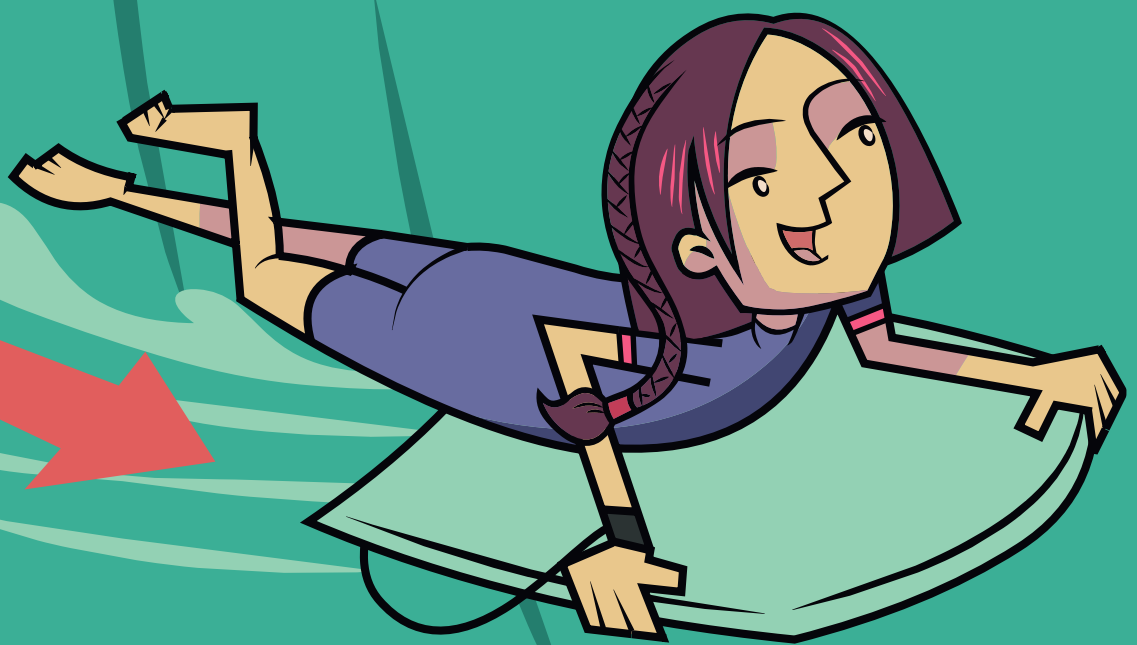
**BOTTOM TURN**

The wave you're riding is moving forward, but it will actually break to the left or right.

- So, if the wave's breaking left, you can turn your board left and ride it for longer.
- Just gently drop your left shoulder, arch your back and you'll find yourself riding sideways along the wave!

TOP TIP

Nail even more tricks with lessons from surfinggb.com/surfing-101

LEVEL: LEGEND**TOP TIP**

Keep your back arched the whole time.

CUT BACK

This is when you go into a Bottom Turn, then switch direction and quickly cut back again. Like a zig-zag.

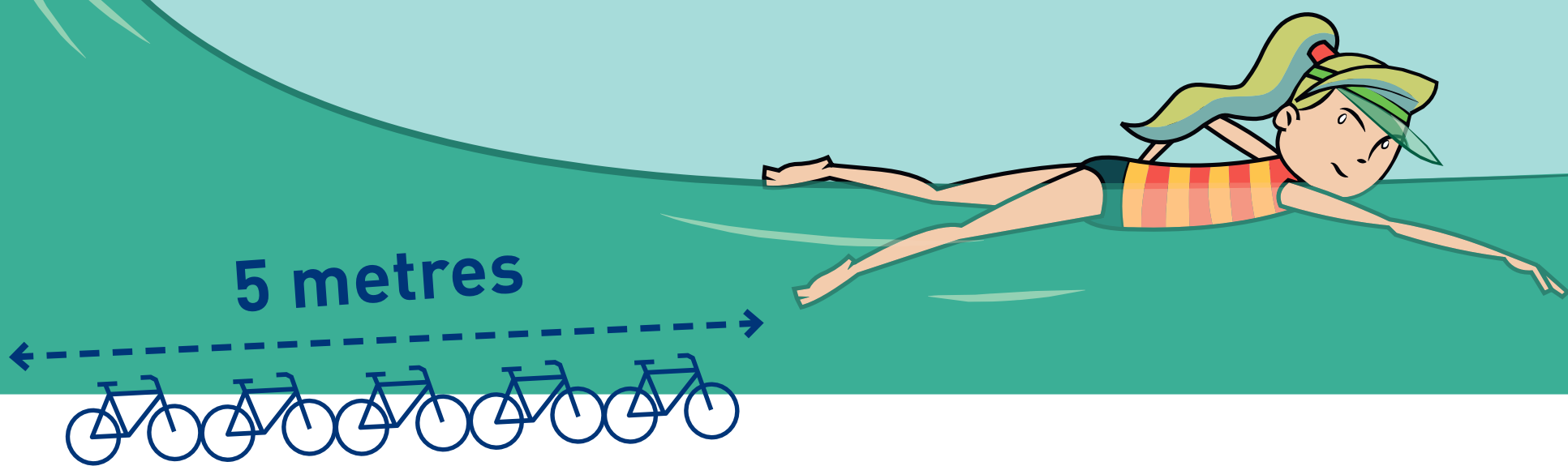
- Drop your left shoulder and arch your back to go into a left turn.
- Then quickly drop your right shoulder to go right.
- Drop your left shoulder one more time to go back left.

THE BASICS OF BODYSURFING



If you don't have a bodyboard, don't sweat it. You can literally turn your own body ... into a board!

EASY GLIDER!



As soon as the wave is five metres away (five bicycles end to end), start kicking and paddling.

When you feel the wave push you forward, stretch out your arms like Superman. Then you'll really glide through the water!

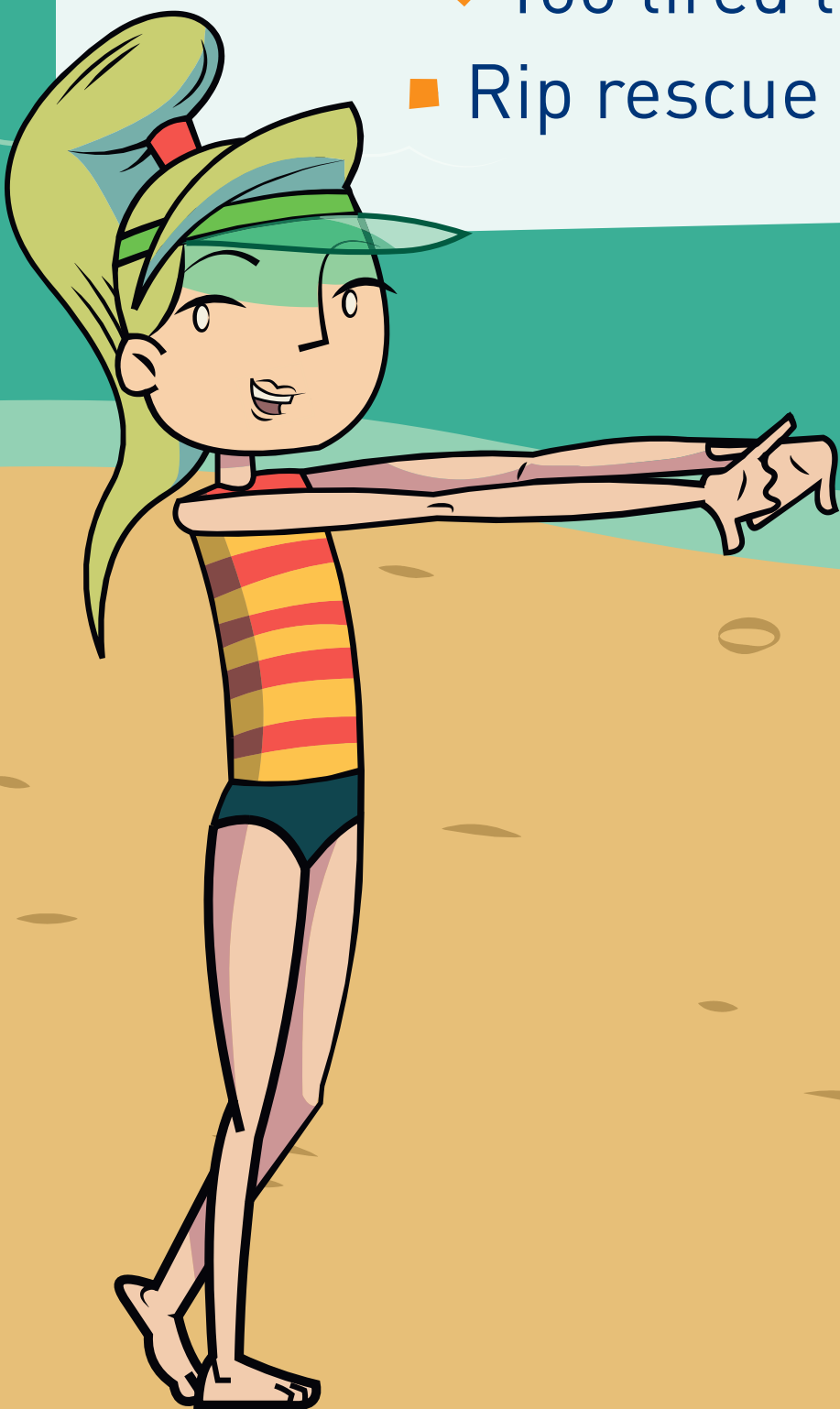


A pair of fins helps you catch waves much more easily.

ALL ABOUT RIPS

INCLUDES

- ◆ What is a rip current?
- ◆ How to escape a rip current
- ◆ Use your board to stay safe
 - ◆ Too tired to swim?
- ◆ Rip rescue in action!



WHAT IS A RIP CURRENT?

Breaking waves push water towards the beach. As it reaches the shore, this extra water is forced back out to sea through narrow streams between the waves. These channels are called 'rip currents' or 'rips'.

A rip current can reach speeds of 4.5mph – as fast as an Olympic swimmer! In other words, you've no chance of swimming against it.

Don't worry, you can learn the best way to escape a rip on the next page.

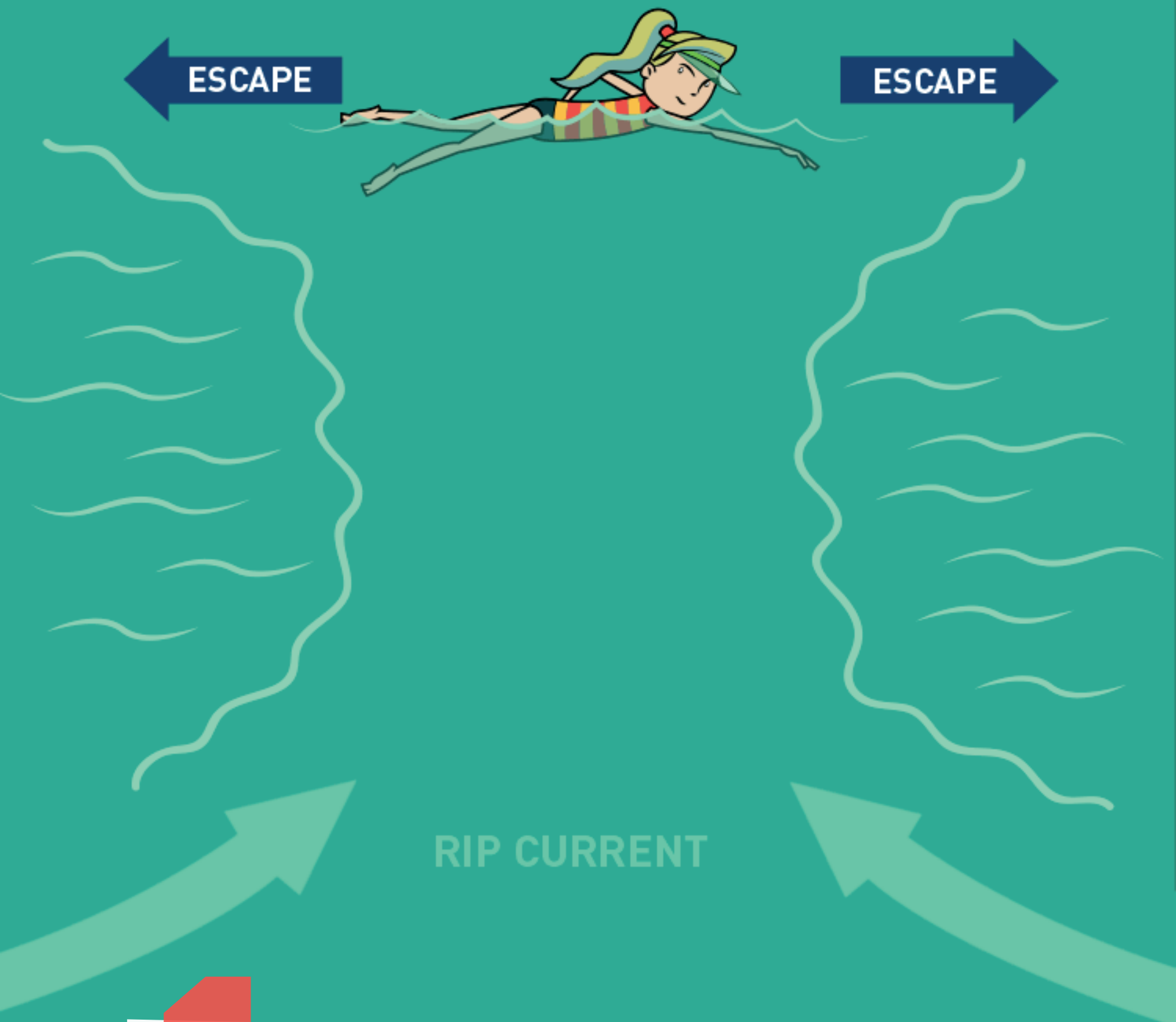


Rip currents are really hard to spot.

That's why you should always stay between the red and yellow flags that mark the safest place to swim.

4.5
MPH

HOW TO ESCAPE A RIP CURRENT



1

Stay calm and don't try to fight the rip. If you can stand, wade – don't swim.

2

Swim parallel to the shore until free of the rip. Then make for shore.

3

If at any point you're too tired to swim, use your board to stay afloat or tread water. Then stick your hand in the air and shout for help.

USE YOUR BOARD TO STAY SAFE

If you're ever caught in a strong rip current and can't swim any more, don't panic.

Your board can keep you afloat until help arrives.



Hug your board close to your chest. That way you'll keep your head out of the water. Plus you get to rest those tired legs.

Keep a hand in the air for as long as you can and shout out for attention. It helps the lifeguards spot you.



TOO TIRED TO SWIM?

If you get into trouble in the water, don't panic or you'll tire yourself even more.

The safest thing to do is stay relaxed and gently tread water.

1 Move your legs like you're riding a bike.

2 Move your arms in a circle, just below the surface.

3 Hold your hand up and shout for attention. It helps the lifeguards spot you.



Wondering what it's like to be caught in a rip current? See how this family were rescued when they got into trouble bodyboarding off Bantam Beach in Devon.

RIP RESCUE IN ACTION!



Watch the video, spot the dangers and learn what they finally did to get rescued.



You can tell from the splashing that the family is starting to panic – this will exhaust them even more.



The family is paddling against the rip current, not parallel to the shore.



One of them vitally raises their hand in the air to signal for help.

A FEW EXTRA BITS

INCLUDES

- The joy of being a lifeguard
 - Cue the music!
 - Go spread the word



THE JOY OF BEING A LIFEGUARD

Just what is it that makes an RNLI lifeguard so dedicated to protecting families on the beach? Watch the video below to see two of our finest put it into powerful words.



'THE BEST OFFICE IN THE WORLD'



CUE THE MUSIC!

Songs are a brilliant way to remember important information. Just like our Summer bodyboarding anthem ...

HOLD TIGHT, HAND UP!
OFFICIAL MUSIC VIDEO



Note: If you find yourselves humming it all the way to the beach, don't worry – that's perfectly normal.

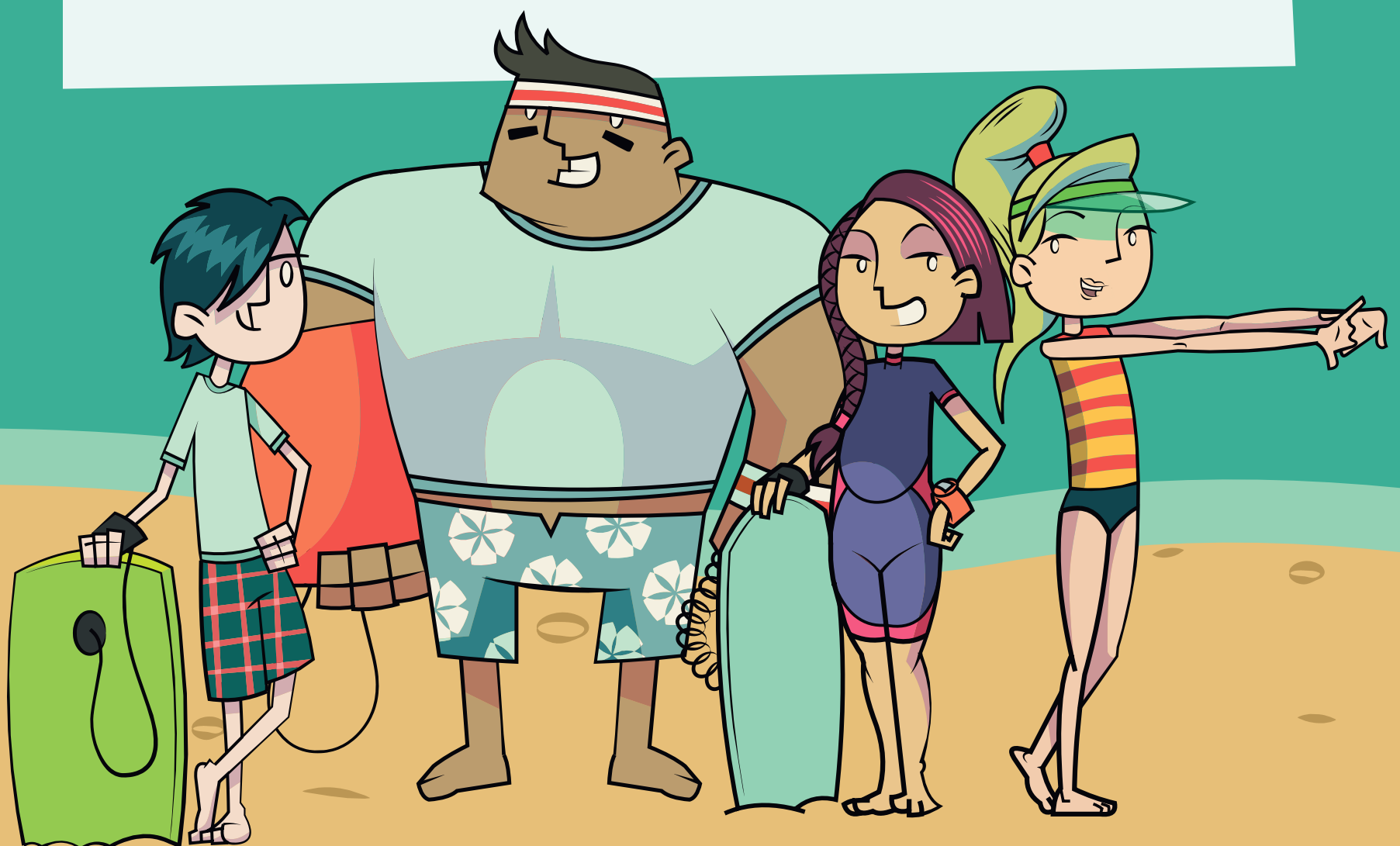
GO SPREAD THE WORD

We're aiming to halve the number of coastal drownings by 2024. Just by reading this safety guide today, you've already helped us towards that goal.

And it will help even more if you share with your friends and family!

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ABOUT THE RNLI](#) 

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