

Have fun & stay SAFE!

The RNLI rescues 4 young people every day.
Make sure you are not one of them -
remember **SAFE** when you go in or near the sea.

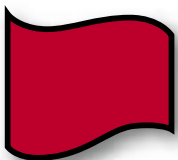
Spot the dangers

Always go with a friend

Find and read the safety signs

Emergency? Stick your hand up and shout

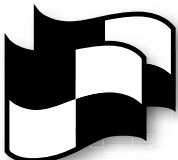
Also remember to obey the safety flags
when you visit a lifeguarded beach -



The red flag means danger. Never go in the water when the red flag is flying.



Red and yellow flags mark the area where it is safest to swim and bodyboard. Swim between these flags because lifeguards are on patrol here.



Black and white flags mark the area for surfers and other water craft. Do not swim between the black and white flags.

If you see someone in difficulty,
tell a lifeguard if present or find
a telephone, **dial 999 or 112**
& ask for the **Coastguard**

Inflatables are fun... but can be dangerous.
Don't blow it! Keep inflatables on the beach.

Fun in the sun...

- SLIP on a T-shirt
- SLAP on a hat
- SLOP on some sun cream

For more information about the full range of free services and resources available from the RNLI's beach lifeguards and education departments,

Education
Learning to be safe at sea

contact:
www.rnli.org.uk/beachlifeguards

or telephone:
0845 122 6999



Safe & Found



Win Wall's Ice Cream beach essentials

We've got 50 to give away, including beach bags, towels, sun shelters.

Q. What colour(s) would the flag be, on a lifeguarded beach, marking the area safest for swimming & bodyboarding ?

Colour in the flag, fill in your name and address, on the reverse, and send your entry to:

Community Alerts Ltd. The Showground, Selsfield Rd.
Ardingly, West Sussex, RH17 6TL

Closing date 30/07/05, winners will be notified by post.
No Purchase necessary.

For full competition rules visit www.childsafezones.co.uk



This leaflet is sponsored by Wall's Ice Cream



With thanks to Tempest Photography
for distributing this safety leaflet.

