The Royal Society for the Prevention of Accidents



It's better to go the beach with a family member or friend.

Know what to do in an emergency.

> Swim at a lifeguarded beach or bathing spot.

Be aware and check for any potential rip tides and currents.

Know your water safety signs.

Keep inflatables for the swimming pool - they are not well suited to the coast because of strong currents and winds that can take you out to sea in minutes.

## Beach Safety Tips...

www.rospa.com/leisure-safety

