

# APOLA's Top 6 Beach Safety Tips for Swimmers and Families



1. Bathe and swim between the red and yellow flags which indicate the supervised swimming area: No flags = No Swim
2. Look for, read and obey water safety signs
3. Check water conditions and the water depth before bathing or swimming - never dive head first



4. Bathe and swim under supervision or swim with a mate - never go in alone
5. Never bathe and swim directly after eating or under the influence of drugs including alcohol
6. Learn how to recognise rips and keep clear of these areas - if caught in difficulty stay calm, float with the current and wave an arm while calling out HELP.



**AND REMEMBER** when out in the sun always **SLIP, SLOP, SLAP, SLURP** and **WRAP** (slip on a shirt or rashie, slop on sunscreen, slap on a hat, drink water, and wear sunglasses).