

sunshine coast
patrolled
beaches



remember...
if in doubt,

ask a Lifeguard



beach
safety



contact us:

**caloundra visitor
information centre**
www.caloundratourism.com.au

1800 644 969
or 07 5491 9233

maroochy tourism
www.maroochytourism.com.au

1800 882 032
or 07 5479 1566

tourism noosa
www.tourismnoosa.com.au

1800 448 833
or 07 5447 4988



a beach wise
project

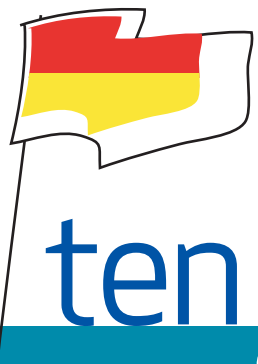
produced by the sunshine coast councils in co-operation
SUNROC



ems 2662



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for all emergencies



beach safety starts with you!



ten rules

of beach safety

- 1 always swim/surf at beaches patrolled by lifeguards or lifesavers.
- 2 the red and yellow flags mark the ONLY area to swim.
- 3 read and obey signs and directions from the lifeguards and lifesavers.
- 4 if you're unsure of surf conditions or signs, ask a lifeguard or lifesaver.
- 5 supervise children at ALL times.
- 6 never run and dive into the water as water depth changes regularly.
- 7 avoid exposure to the sun by wearing sunscreen, hat, shirt and sunglasses.
- 8 don't swim directly after a meal.
- 9 don't swim under the influence of alcohol.
- 10 if you get into difficulty, REMAIN CALM, call for help, float with the current and raise your arm for assistance.

rips

& currents



if caught in a rip, DON'T PANIC

- paddle or swim parallel to the shore toward the breaking waves, which should wash you back to the beach.
- DON'T attempt to SWIM AGAINST THE RIP, as even the strongest swimmers will quickly become tired.
- if you do tire or become frightened, STAY CALM, RAISE YOUR ARM, CALL FOR HELP and WAIT for assistance.

signs



beach closed,
do not enter the water



swimming not advised



swim with caution



surfboards prohibited

remember... always swim between the red and yellow flags

flags



surf craft



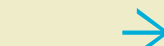
keep clear



patrolled swimming area



keep clear



surf craft