



Your Guide to Beach Safety

Adapted from the RNLI leaflet – On the Beach.

The sections of the RNLI leaflet that need to be studied are reproduced here. To see the leaflet in full visit the Edexcel website (www.edexcel.com/igcse2009).

The image shows a red and yellow leaflet titled 'ON THE BEACH' by Lifeguards. The leaflet features a photograph of two children playing in the ocean. Several yellow speech bubble icons are placed over the leaflet to indicate study points. The leaflet contains the following text:

Lifeguards

ON THE BEACH

Your guide to a safe and fun time at the seaside

If you see someone in difficulty, never attempt a rescue. Tell a lifeguard or, if you can't see a lifeguard, call 999 or 112 and ask for the Coastguard

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rnli.org.uk/beachsafety

A charity registered in England, Scotland and the Republic of Ireland

RNLI LIFEBOATS, LIFEGUARDS LIFE FIRST.

TRUE STORY

Carolyne Yard will never forget her holiday in June 2007

'It was our last day and I was relaxing on the beach with my daughter and friend Mark. My sons, Angus and Will, were swimming in the sea. But Mark noticed that the boys had been swept towards some rocks, and they started shouting for help. They're big teenagers who don't usually call for their mum so I knew something was seriously wrong.'

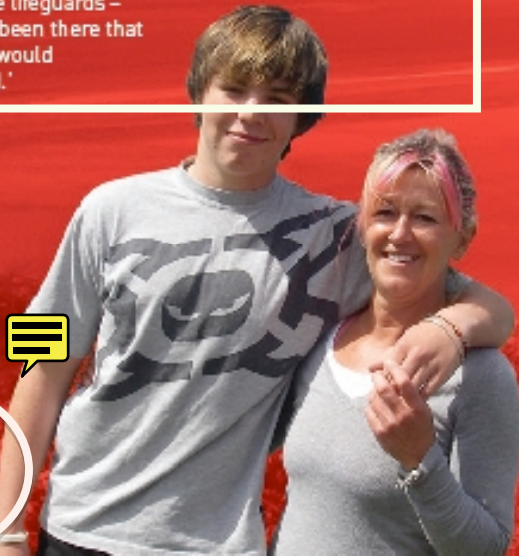
They were caught in a strong rip current, and they couldn't swim back to shore. The water was like a whirlpool. They were so close, and yet in so much trouble.

Mark and a surfer called Mike got in the water to help while I dialled 999 for the Coastguard on my mobile phone. They called the RNLI lifeguards from the neighbouring beach. It only took minutes for the rescue boat to arrive, but when you think your boys are going to drown, it seems to take a lifetime. I lost sight of them, which was terrifying.

One of the lifeguards, Bernadette, jumped into the water. Mike had helped Angus to get to one side of the current, and Bernadette helped them both up onto a rock. Then she guided Mark and Will out of the current and between the rocks.

'Angus and Will were shaking with shock. I was crying, and just so relieved that we were all back together safely. It still makes me cry when I think about it.'

'I'll certainly always go to a lifeguard-patrolled beach in future, and I know the boys will too. I will be eternally grateful to the lifeguards - if they hadn't been there that day, my boys would have drowned.'



WILL AND HIS MUM REUNITED

RIPS

Rips are strong currents that can quickly take swimmers from the shallows out beyond their depth.

Lifeguards will show you where you can avoid rips but if you do get caught in one:

- ✦ Stay calm - don't panic.
- ✦ If you can stand, wade don't swim.
- ✦ Keep hold of your board or inflatable to help you float.
- ✦ Raise your hand and shout for help.
- ✦ Never try to swim directly against the rip or you'll get exhausted.
- ✦ Swim parallel to the beach until free of the rip, then make for shore.
- ✦ If you see anyone else in trouble, alert the lifeguards or call 999 or 112 and ask for the Coastguard.



CAUGHT IN A RIP



ESCAPING A RIP

KNOW YOUR FLAGS



RED AND YELLOW FLAGS

These show the lifeguarded area, the safest place to swim, bodyboard and use inflatables.



BLACK AND WHITE CHEQUERED FLAGS

For surfboards, kayaks and other non-powered craft. Never swim or bodyboard here.



ORANGE WINDSOCK

Shows offshore winds so never use an inflatable when the sock is flying.



RED FLAG

Danger! Never go in the water when the red flag is up, under any circumstances.

If you see anyone else in trouble, alert the lifeguards or call 999 or 112 and ask for the Coastguard.



SWIMMING, SURFING & BODYBOARDING

Swimming is one of the best all-round activities you can do, but the sea is very different from being in a pool – even small waves can take you by surprise and disorientate you.

Surfing and bodyboarding are the most fantastic fun, but are very demanding, so you need to be a good swimmer. Experience of swimming at surf beaches is a great start, as it will help you develop an understanding of the behaviour of waves.

If you're new to the sport, we suggest you get some proper training from an approved British Surf Association school. Visit britsurf.co.uk for further information.

ALL BOARDERS

Always:

- ✦ follow the advice of the lifeguards
- ✦ check your board for damage before use
- ✦ wear your leash
- ✦ stay with your board and shout for help if in difficulty

Never:

- ✦ go alone
- ✦ ditch your board as it will keep you afloat.

SURFBOARDERS ONLY

Always:

- ✦ surf between the black and white flags (if present)

Never:

- ✦ surf between the red and yellow flags
- ✦ never drop in on another surfer

BODYBOARDERS ONLY

Always:

- ✦ bodyboard between the red and yellow flags
- ✦ wear short fins

If you get into difficulties, stick up your hand and shout for help – but never abandon your board.



THE RNLI

The Royal National Lifeboat Institution is the charity that saves lives at sea.

LIFEBOATS AND LIFEGUARDS

We operate over 230 lifeboat stations in the UK and RoI and have over 330 lifeboats in service, 24 hours a day, 365 days a year. Since the RNLI was founded in 1824, our volunteer lifeboat crews have saved more than 137,000 lives – rescuing around 8,000 people every year.

Our seasonal lifeguard service now operates on more than 100 beaches in the UK. It responds to more than 100 incidents a year and is planned to double its coverage by 2010.

FUNDED BY YOU

As a charity, the RNLI relies on voluntary financial support including legacies, which help fund 6 out of 10 launches. With more people using our beaches and seas, the demand on our services is greater than ever and our running costs average over £335,000 a day.

LIFESAVING ADVICE AND INFORMATION

A range of free resources and practical advice is available to promote sea, beach and commercial fishing safety and to support primary and secondary school teachers. For further information call 0800 543210 or visit rnli.org.uk.

ORDINARY PEOPLE, EXTRAORDINARY ACTS

People from all walks of life help the RNLI to save lives at sea. Thousands of volunteer crew members, shorehelpers, committee members and fundraisers give their time, skill and commitment. They are strongly supported by specialist staff.

Training is vital – it turns volunteers into lifesavers. Every year the RNLI delivers the highest quality of training at The Lifeboat College in Poole and at its lifeboat stations.



BEACHES NEED LIFEGUARDS

Our lifeguards work with lifeboat crews to provide a seamless rescue service from the beach to the open sea.

When someone is drowning in the surf seconds count, so we need expert lifesavers on the beach ready to act.

As much as 95% of our lifeguards' work is preventative – that is, they look out for potential problems before they develop into something worse, and give proactive advice and information to beachgoers.

The RNLI aims to continue expanding its lifeguard service across the whole country – but we can't achieve this without support from the public.

Every year it costs at least £450 to equip and £900 to train each lifeguard – will you help with that need?

Phone 0800 543210 or go to rnli.org.uk to donate now and help save lives at sea. Thank you.

Whether we're rescuing an offshore fisherman or a child swept out to sea, the RNLI exists to save life first.

RNLI LIFEBOATS,
LIFEGUARDS
LIFE FIRST