



Wanna go to the Beach?



- Play it Safe, Take Your Mates - never swim or surf alone
- Never Swim under the Influence of Alcohol or Drugs
- Don't swim at night
- Always Swim between the Red and Yellow Flags
- Check its OK to Swim - before you get in
- If you don't know the depth of the water, don't dive in - the risks are real

**Remember the F-L-A-G-S and stay safe this summer...**

- F** Find the flags and swim between them - the red and yellow flags mark the safest place to swim at the beach.
- L** Look at the safety signs - they help you identify potential dangers and daily conditions at the beach.
- A** Ask a surf lifesaver for some good advice - surf conditions can change quickly so talk to a surf lifesaver or lifeguard before entering the water.
- G** Get a friend to swim with you - so you can look out for each other's safety and get help if needed.
- S** Stick your hand up for help - if you get into trouble in the water, stay calm, and raise your arm to signal for help. Float with a current or rip - don't try and swim against it.

## **What is a Rip?**

A rip is a strong water current running out to sea from a beach. Rips can easily sweep swimmers from shallow water out to sea, sometimes several hundred metres offshore.

Rips occur at all beach locations, including bays. The most dangerous part of a rip is water between breaking waves that often appears to be calm.

## **Common signs of a Rip are:**

- Murky brown water caused by sand being stirred up off the sea bed
- Foam on the surface extending beyond the break
- Waves breaking on both sides of the rip but not inside the rip
- Water that appears dark, indicating deeper water
- Debris floating out to sea

## **To survive a rip**

If you are caught in a rip when at a beach patrolled by lifesavers, obey the three Rs:

- RELAX: stay calm, and float with the current. Swim across it not against it.
- RAISE: raise an arm to signal for help.
- RESCUE: float and wait for assistance.

Visit: [www.watersafety.vic.gov.au](http://www.watersafety.vic.gov.au) or [www.lifesavingvictoria.com.au](http://www.lifesavingvictoria.com.au) for more information.