

# Surf Safety



- 1 Swim only at beaches patrolled by lifesavers and/or lifeguards and listen to their instructions. The ocean may be dangerous even if it appears safe.
- 2 The Red and Yellow Flags indicate the safest place to swim, however they do not mean there is no danger so care must be taken.
- 3 The red flag on its own indicates extreme danger so please do not enter the water.
- 4 Do not swim directly after a meal.
- 5 Alcohol may impair your judgement, so don't swim under the influence of alcohol.
- 6 Should you have a cramp or get into any other difficulty, raise your arm and float, wait for help.
- 7 If you get caught in a rip, remain calm, raise one arm in the air, float and wait for the lifesaver to help you.
- 8 To escape from a rip, swim diagonally across the rip, not against it.
- 9 If you are unsure of the conditions, check with the lifesaver or lifeguard - they are there to help.
- 10 Do not swim at night
- 11 Never run and dive into the water

Supervise small children constantly, even at the water's edge.

Guard against skin cancer by using sunscreen (at least 15+), wearing a shirt, hat and sunglasses. Avoid exposure to the sun from 10 am to 2 pm when the sun's rays are most dangerous. Make especially certain that children (particularly babies and toddlers) are well protected and don't expose them to the sun for long periods. Clouds do not prevent harmful ultraviolet rays. These rays are also reflected off shiny surfaces such as sand and water so you can still get burned, even when in shade.

Remember to drink plenty of water, especially during hotter weather.



SWIM BETWEEN THESE FLAGS



DANGER DO NOT ENTER WATER



SWIM WITH CAUTION



SWIMMING PROHIBITED



SURFBOARD RIDING PROHIBITED



BOOGIE BOARD RIDING PROHIBITED



SHARK DANGER LEAVE WATER



SURFBOARD RIDING OUTSIDE OF SIGNS

**DUMPERS** are dangerous - get out of their way or dive through them.

**SPILLING WAVES** provide the best conditions.

**SURGING WAVES** are apparently calm, but they're powerful waves and can knock you off your feet

## Surf Patrol

(Times vary between 7am - 5pm)

**Year round 7 days/week:** Noosa Heads, Sunshine Beach, Peregian Beach, Coolum Beach, Twin Waters Resort, Maroochydore, Alexandra Headland, Mooloolaba, Dicky Beach, Kings Beach.

### Summer (7 days):

Kawana Waters, Sunrise Beach.

### Weekends during summer:

Bulcock Beach, Golden Beach.

### Weekends during summer/public & summer school holidays:

Rainbow Beach, Noosa West, Glen Eden, Yaroomba, Marcoola Beach, Mudjimba Beach, Wurtulla.