

Waves

Waves are formed by the wind blowing across the surface of the sea. The different types of waves are:

- **Plunging or dumper wave** – These break with tremendous force and knock you off your feet. They usually occur at tidal extremes or when sandbanks are shallow and there is less water for the waves to break onto.
- **Shorebreak** – These are plunging waves at knee-deep water. Breaking waves and backwash cause vigorous suction that can knock you over and make you vulnerable to getting caught in the next wave. This could cause you some serious injuries.
- **Spilling wave** – This is when the top of the wave ‘spills’ down the front or face of the wave. Very good for surfing.
- **Surging wave** – This wave never actually breaks as it approaches the water’s edge. These waves can knock you off your feet and carry you out of your depth. For this reason they can be very dangerous, especially around rocks.

Don't let go!

If you get into trouble while on or with your inflatable, or while body boarding or surfing, stay with your craft as it will help keep you afloat. Stay calm and alert your Beach Lifeguards by raising one arm and shouting for help.



BEACH LIVE
Live water quality alerts

beachlive.co.uk

SOUTH WEST WATER

TIP

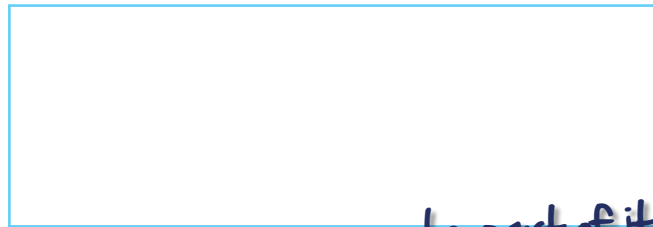
If you cannot avoid letting go of your equipment in surf, surface with one hand protecting your face and the other protecting your head. This will protect you from injury.

- F**ind the red and yellow flags and swim between them
- L**ook at the safety signs
- A**sk a Lifeguard for advice
- G**et a friend to swim with you
- S**tick one hand up and shout if you get into difficulty. If you see someone else in difficulty tell somebody, preferably a lifeguard. Or call **999** and ask for the coastguard.

Look after your beach

Keep the beach a haven for people and creatures. Take your litter home, clean up after your dog and look at, but don't touch the wildlife - **leave only footprints.**

**RESPECT THE SEA,
YOURSELF, THE LIFEGUARDS AND
THE ENVIRONMENT**



be part of it

Surf Life Saving GB 1st Floor, 19 Southernhay West, Exeter EX1 1PJ
E: mail@sls.gb.org.uk T: 01392 218007 www.sls.gb.org.uk
f www.facebook.com/sls.gb @surflifesaving

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Stay safe on
the beach with
Surf Life Saving GB



STAY SAFE on the beach with Surf Life Saving GB

Surf Life Saving GB is the charity of more than 6,000 volunteers helping to make our beaches a safer and more enjoyable place for everyone. Our volunteers have been providing beach lifeguard training and patrolling our coast for nearly 60 years. Our Surf Life Saving Clubs are nationwide training members aged from five years upwards in beach education, lifesaving, rescue and fitness skills – creating healthy, social and safe communities for us all.

Join us today to benefit from our training, events and the Surf Life Saving way!

Our training courses include...

- Beach Lifeguard qualification
- First Responder qualification
- Surf Coach Lifesaver award
- Coastering Safety & Rescue award
- Rescue Boat Crew and Driver qualification
- Trainer/Assessor/Coach award
- Life Saving Sport Skill awards
- National Surf Safety awards



Surf life saving is also a recognised sport. Members can compete in annual Surf Life Saving GB national events...

- British Life Saving Sport Pool Championships
- British Life Saving Sport Surf Championships
- British Inshore Rescue Boat Championships

Call us on 01392 218007 or visit www.sls.gb.org.uk to find out more.

*Surf Life Saving GB, making you safer
in the sea – be part of it!*

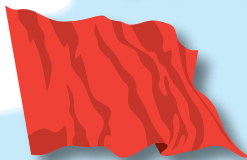
Know your flags



**Safest, patrolled bathing area.
Always swim between the flags**



**Designated craft area for
surfboards, kayaks and other
non-powered craft. Never swim
or bodyboard here**



Do not enter the water

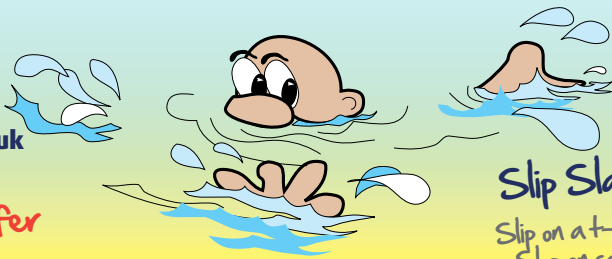


**Offshore winds – DO NOT
use inflatables**

Swim between the flags

Avoid rips

Rips are strong currents that can quickly take swimmers out of their depth. Ask your Beach Lifeguards to show you the safest place to swim. If you get caught in a rip don't panic and stay calm. Alert your Beach Lifeguards by raising one arm and shouting for help.



Slip Slap Slop Slosh!
Slip on a t-shirt, Slap on a hat,
Slop on some sun-protection,
Slosh – drink plenty of water!

Don't get caught out!

Tidal effect is due to the sun and moon moving around the earth. The greatest effect is on a spring tide, when you'll get very high high tides, and very low low tides. Neap tides are the opposite, with much less difference between a high and low tide. Be careful walking around headlands when there's a spring tide – you can easily get cut off.

Beach Lifeguards

Always swim on a lifeguarded beach.

The beach can seem a safe haven for fun but waves, rips and tides can be the cause of many emergencies. It's always best to check your local tide and rip information with your local lifeguards on patrol, by contacting the Harbour Master or local tourist information centre.

FLAGS
SLAP
SLOSH
WAVES
LIFEGUARDS
SLIP

SUNBLOCK
WINDSOCK
RIPS
SLOP
TIDES

WORDSEARCH

S	S	K	E	E	R	S	Y	V	S
L	G	W	C	I	W	A	V	E	S
O	A	Y	P	O	W	P	D	P	Q
S	L	S	T	T	L	I	O	A	M
H	F	W	Y	L	T	B	O	L	O
R	M	D	P	I	L	S	N	S	S
K	C	O	S	D	N	I	W	U	S
L	I	F	E	G	U	A	R	D	S
R	E	C	D	S	F	S	H	Q	X
S	G	Y	I	L	K	W	W	H	U



TIP

Line yourself up with a landmark. This will help you to stay in the same place as you will be able to see if you are drifting

Text:
SURF11 £AMOUNT
to **70070** - just £10
can help to make
a child safer at
the beach