
Going to the beach safety check list



Always comply with Government guidance on Social Distancing.

Be aware of how your actions will be seen by others who may be less able to understand the dangers.

Primary Questions

1. I am fit and healthy and have **NO** flu like symptoms.
2. There is **NO** one in my household with flu like symptoms
3. I have had **NO** close contact with anyone with flu like symptoms in the last 14 days

Planning your trip

- ✓ Ensure you take a fully powered mobile phone
- ✓ Check the weather and dress appropriately
- ✓ Check tides and sea state on the beach you intend to visit.
- ✓ Nominate a responsible person who will know where and when you will be back
- ✓ If you plan to swim, if possible, have a buddy who will watch out for you while you are in the water
- ✓ Ensure that all family members joining in will be within their levels of competency
- ✓ Check that any equipment is fit for us
- ✓ Do we need to wear wet suits – the water is still cold

At the beach

- ✓ Check all safety signage
- ✓ Make a note of the location you are at and the access road name
- ✓ Check you have phone coverage

At the sea

- ✓ Presently there are no Lifeguards - **Know your limits!**
- ✓ Check for ocean hazards. Rip currents are notorious. If you are unable to spot a hazard, then ask for advice or stay in shallow water – knee depth only
- ✓ Water temperature
- ✓ – Be aware of the danger and impact of cold water
- ✓ **Only swim in Open Water** if you are an experienced, fit open water swimmer
- ✓ Can you be seen? High viz Fluro orange or green hats. Consider the use of tow floats
- ✓ Before entering the water look back and choose a “landmark” such as a building or tree. It will give you a way point on how far you have travelled and the impact of any currents or wind pressure
- ✓ Enter the water slowly, allow the body to react to the “cold water” by only going up to waist depth for 3-5 minutes. “Cold Water Shock” is a killer. Ensure you allow the body to adapt slowly. Whilst at waist depth allow sea water onto your head and back of neck. Again, this helps reduce the cold water shock
- ✓ Stay close to and swim lateral to the shoreline
- ✓ Remember that your body will get colder quicker than you think.
- ✓ What do I do if I get into trouble?
 - Float to live – lie on your back and wave one hand- your buddy should be watching you
 - Buddy calls 999 and asks for Coastguard

Ocean Paddle Craft

- ✓ Check your equipment and PPE before entering the water
- ✓ Only use your own kit that you have taken from home and do not share with those who are not a close family member
 - Consider taking inshore smoke flares
 - Buoyancy aids (PFDs) should be checked regularly and if possible, come with crutch straps to ensure a secure fit
 - Have a Fox 40 whistle (pea less) attached to your buoyancy aid
 - Take a vhf radio/mobile in waterproof bag
- ✓ Pre plan your route and ensure you tell someone
- ✓ Plan what to do in an emergency
 - Hold onto craft if possible
 - Call the Coastguard either using your VHF radio or mobile
 - Release smoke flare
 - Stay calm, float to live

Incident:

Be ready to give the location and the details of the incident

Dial 999

Ask for Coastguard if in the water help is needed

Ask for an Ambulance if medical assistance is required

Only attempt CPR if you have been trained and are equipped to the current new emergency services levels.