



Lifeguards

STAY SAFE WHEN SURFING

ALWAYS

Follow the advice of the lifeguards (if present)

Surf between the black and white flags (if present)

Check your board for damage before use

Wear your leash

Stay with your board and shout for help if in difficulty

NEVER

Surf alone

Surf between the red and yellow flags (if present)

Ditch your board - it will keep you afloat

Drop in on another surfer

If you see someone in difficulty,
tell a lifeguard, or call 999/112
and ask for the Coastguard

www.rnli.org.uk/beachsafety

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