

GUIDE TO BEING SAFE IN THE SEA

DROWNING PREVENTION WEEK

17TH-24TH JUNE 2023

1

CHECK THE WEATHER

- <https://www.bbc.co.uk/weather>
- <https://www.surfline.com>



2

THE WATER IS COLD, A WETSUIT IS BEST.

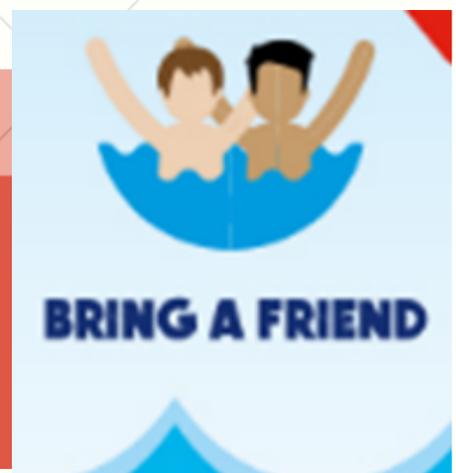
- Summer - the sea is only a max. of 16°C.
- Winter - drops to 6°C .



3

STAY WITH OTHERS

CALL '999' AND
ASK FOR THE 'COASTGUARD'
IF ANYONE IS IN DANGER



4

ONLY GO IN AS FAR AS YOU CAN STAND

- Find a clear reference point on the beach.
- Keep checking if you have moved.



5

STAY WHERE THE WAVES ARE

Stay out of rip currents.
Youtube - Dr. Beach: Rip Currents

LINKS:

- <https://www.sls.gb.org.uk/>