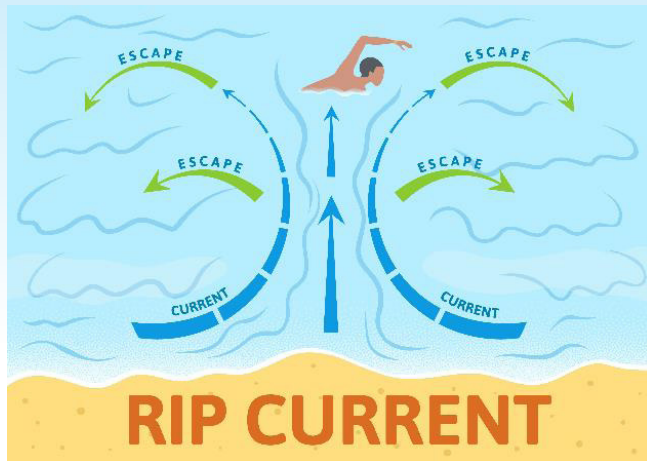


Swimming

SAFELY AT THE BEACH

- Always swim in a lifeguarded area.
- Never swim alone, regardless of your age or level of swimming skills.
- Keep within your fitness and swimming capabilities.
- Be aware of weather and water conditions and heed warnings.
- Be aware of your surroundings including the sandbanks and deep water pockets.



- Don't fight the current
- Swim out of the current, then to shore
- If you can't escape, float or tread water
- If you need help, call or wave your hand for assistance

Whale Tale Lessons

Scan QR code or visit the link below



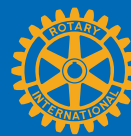
www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety/water-safety-for-kids.html



Beach Environment

- Jellyfish can sting, leave them alone.
- Know the tides - change of tide can generate currents.
- Keep away from groynes.
- Beware of hard to see deep water pockets.
- Please collect your rubbish and dispose in rubbish bins.
- Help the frail and elderly.
- Respect other beach users.

Rotary
Club of Gibraltar



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We also appreciate the support of
Department of the Environment,
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HM Government of Gibraltar



The Royal Life Saving Society, In2Adventures, Blue Fin Open Water Swimming Group, The Red Cross & Colorworks Gibraltar.

Summer

WATER SAFETY

Beach Flags

The beach flags are displayed by the Beach Lifeguards in patrolled areas to provide guidance on the sea state and environmental conditions



SWIM BETWEEN THE FLAGS
LIFEGUARDS ON DUTY

Between the flags is the safest place to swim



RED
DANGEROUS AREA

No swimming. You can cool down in water up to knee height but keep body upright



PURPLE
DANGEROUS MARINE LIFE IN THE AREA

This could be algae, jellyfish or even a shark sighting

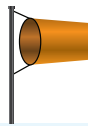


YELLOW
SWIMMING ALLOWED



YELLOW WITH BLACK SPOT
STRONG WINDS

Non-powered watercraft are dangerous and forbidden



ORANGE WINDSOCK
SHOWS THE DIRECTION & STRENGTH OF THE WIND

Beware of winds blowing out to sea

#ENJOYWATERSAFELY

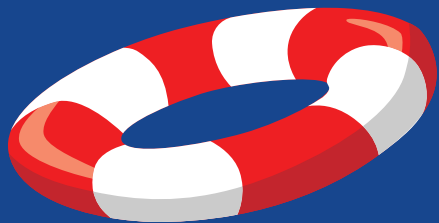
Parents...

have **YOU** discussed water safety with your children?

- Never leave your child unsupervised near water.
- Don't rely on flotation devices, inflatables or swimming skills.
- Understand RIP currents - talk to locals and lifeguards.
- Ask 'Are you OK' - can save a life.
- Emergency? Call 999

IN AN EMERGENCY

CALL 999



IF YOU'RE IN TROUBLE
AND CALL FOR HELP

Always

follow the **WATER SAFETY CODE**



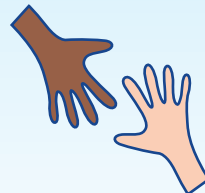
Summer

WATER SAFETY

to enjoy the water safely and make the right call...



ENTER SLOWLY
AND CAREFULLY

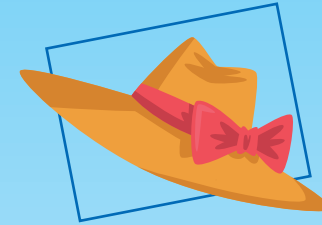


STAY WITHIN
REACH



ALWAYS BE
SUPERVISED

Remember



WEAR A HAT



APPLY SUN
PROTECTION



TIRED?
GET SOME REST



STAY HYDRATED

Shade



What Floats or Sinks?

