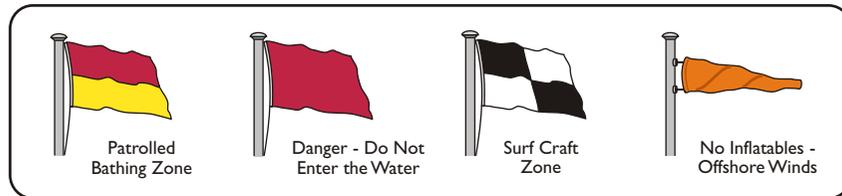


BEACH USER INFORMATION

The beaches are staffed by qualified lifeguards from 10.00am to 5.00pm daily from mid-May to early September each year.

To ensure your safety please follow our safety tips below:

1. Bathe within the patrolled bathing areas.
2. Follow the advice given by the lifeguards.
3. Observe the warning flags and windsock flying at the beach.



4. Report any accidents or hazards to the lifeguards.
5. Do not use inflatables when the wind is blowing offshore.
6. Be aware of any rip currents identified on signage and stay clear.
7. Observe the dog bylaws shown on signage at beach access points.
8. Check tide times to avoid being cut off by the incoming tide.
9. Keep to established paths and access points.
10. Park only in designated parking areas.
11. Don't drive off-road vehicles or motorcycles on beaches or dunes.
12. Be Sunsible.
13. Please leave nothing at the beach but your footprints, take nothing but pictures and dispose of litter in the bins provided.
14. **In an emergency dial 999 and ask for the Coastguard.**

● Protect your skin

Sunlight contains two kinds of UV rays. UVA increases the risk of skin cancer, skin ageing and other skin diseases. UVB causes sunburn and can lead to skin cancer. Limit the amount of direct sunlight you receive between 10.00am and 4.00pm, and wear a sunscreen with a sun protection factor rating of 15 or above.

● Drink

Drink regularly and often, even if you don't feel thirsty. Your body needs water to keep cool. Avoid drinks containing alcohol or caffeine. They can make you feel good briefly but make the effects of heat on your body worse. This is especially true of beer, which dehydrates the body.

● Wear eye protection

Sunglasses are like sunscreen for your eyes and protect against damage that can occur from UV rays. Be sure to wear sunglasses with labels that indicate they protect against UV sunlight.

● Wear foot protection

Bare feet can be cut by sharp objects in the sand, such as shells and fragmented rock, as well as by litter such as broken glass. Even walking across the rocky foreshore can lead to foot injuries unless shoes are worn.

● Tides & Waves

The incoming tide rises rapidly and consequently it is very easy to find yourself cut off. Always check the tide times before going to the beach. Don't sit or walk close to rocks about to be submerged by the sea, as you could be washed off by waves.

● Cliffs

Keep well away from the edge of cliffs, which may be unstable. Even dry grass can be slippery. Check tide times before walking along a beach that lies under cliffs.