

- **Learn to swim**

The best way for children and adults to stay safe in and around water is to learn to swim. Contact your local pool about lessons.

- **Stay within the designated zones**

Bathers should stay in the area between the red and yellow flags, where there is lifeguard supervision. Surf craft users should stay clear of the bathing zones marked by black and white flagged zones.

- **Never swim alone**

No matter how good a swimmer you are, if you swim alone and get into difficulties there will be no one to help.

- **Check sea conditions**

Always check the sea conditions before entering the water. Check what flags are being flown or get advice from a lifeguard. If a red flag is flying stay out of the water, as conditions are dangerous.

- **Man-made structures**

Stay away from man-made structures such as piers and groynes, as dangerous currents usually flow around them.

- **Swimming**

When swimming in the sea always make sure that you still have the energy to swim back to shore. Even better, stay within your depth and then you can walk out of the sea if you become tired.

- **Strong currents**

If you find yourself caught in a strong current don't try to swim against it as this will only sap your energy more quickly. Instead, swim across the current into calmer water and then return to shore.

- **Emergency**

Be alert to people who may be in distress. You could save a life. If you think somebody may be in difficulty find a phone, dial 999 and ask for the coastguard. Inform any lifeguards on duty in the area and they will assist.

- **Spot the dangers**

Look for signs of danger. If anything in the sea or on the beach gives you cause for concern keep away. If in doubt, stay out.

- **Take Safety Advice**

Always read and obey the safety signs. Follow the advice of Lifeguards and observe the beach safety flags.

- **Don't go alone**

Children should always be accompanied by an adult, even at lifeguard patrolled beaches. Lifeguards are not babysitters and cannot keep an eye on everyone at the beach at the same time.

- **Learn how to help**

You may be able to help yourself and others if you know what to do in an emergency. If possible, join a local lifesaving club.

- **Strange objects**

Occasionally, objects such as flares, chemical containers, etc. wash ashore. If you do discover a suspicious item on the beach contact the lifeguard, coastguard or police with the information.

- **Contacts**

<b>General beach information</b>	<b>0191 6437281</b>
<b>Tourist information</b>	<b>0191 2008535</b>
<b>King Edward's Bay beach office</b>	<b>0191 2006207</b>
<b>Tynemouth Long Sands beach office</b>	<b>0191 2006175</b>
<b>Cullercoats Bay beach office</b>	<b>0191 2008619</b>
<b>Whitley Bay beach office</b>	<b>0191 2008639</b>
<b>Web address:</b>	<b><a href="http://www.northtyneside.gov.uk">www.northtyneside.gov.uk</a></b>