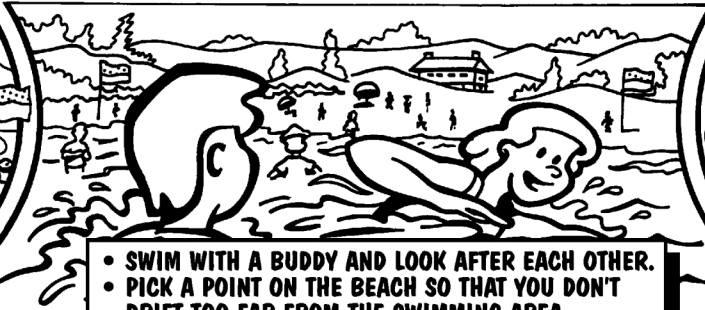


WATER SAFETY TIPS FOR THE BEACH

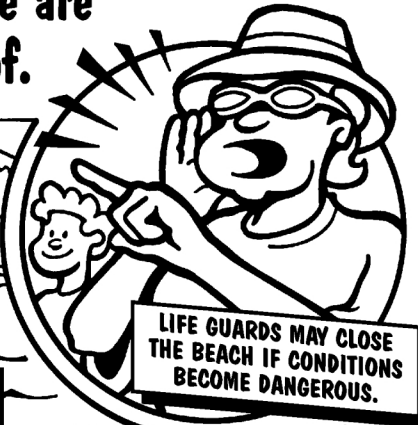
Summer at the beach is fun but there are some dangers we must be aware of.



FLAGS MARK THE SAFE AREA TO SWIM.



- SWIM WITH A BUDDY AND LOOK AFTER EACH OTHER.
- PICK A POINT ON THE BEACH SO THAT YOU DON'T DRIFT TOO FAR FROM THE SWIMMING AREA.
- SWIM PARALLEL TO THE BEACH SO THAT YOU DON'T END UP TOO FAR OUT.



LIFE GUARDS MAY CLOSE THE BEACH IF CONDITIONS BECOME DANGEROUS.



IF YOU THINK THE WATER LOOKS TOO DANGEROUS - DON'T GO FOR A SWIM.



WHERE IS THE BEACH?

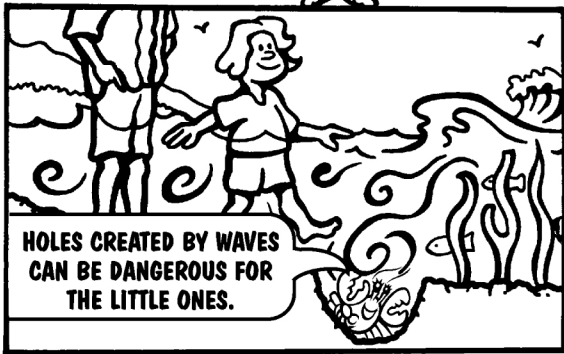
ARE WE TOO FAR OUT?

SWIMMING AT NIGHT HAS ITS OWN PROBLEMS.

DON'T PANIC!

- IF YOU ARE CAUGHT IN A RIP DON'T PANIC.
- FLOAT ON YOUR BACK AND WAVE ONE ARM.
- WAIT FOR A LIFESAVER TO RESCUE YOU.

YOU CAN ESCAPE A RIP IF YOU ARE A GOOD SWIMMER BY SWIMMING ACROSS THE CURRENT. DON'T TRY TO SWIM AGAINST THE CURRENT, YOU WILL TIRE YOURSELF OUT.

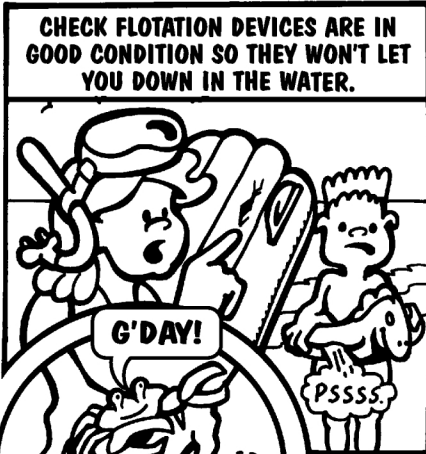


HOLES CREATED BY WAVES CAN BE DANGEROUS FOR THE LITTLE ONES.



DRINKING WATER IS A GOOD IDEA TOO.

BE SUNSMART - SLIP ON A SHIRT SLOP, ON SOME SUNSCREEN, SLAP ON A HAT.

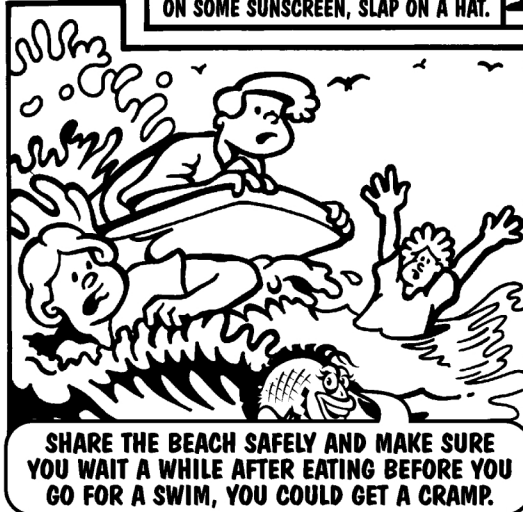


CHECK FLOTATION DEVICES ARE IN GOOD CONDITION SO THEY WON'T LET YOU DOWN IN THE WATER.

G'DAY!

PSSSS

REMEMBER THIS IS THEIR HOME.



SHARE THE BEACH SAFELY AND MAKE SURE YOU WAIT A WHILE AFTER EATING BEFORE YOU GO FOR A SWIM, YOU COULD GET A CRAMP.



SURFBOARDS MUST KEEP OUTSIDE THE BLUE FLAGS AND ARE NOT ALLOWED INSIDE THE YELLOW AND RED FLAGS.

PLEASE BIN YOUR RUBBISH, OR TAKE IT HOME.

