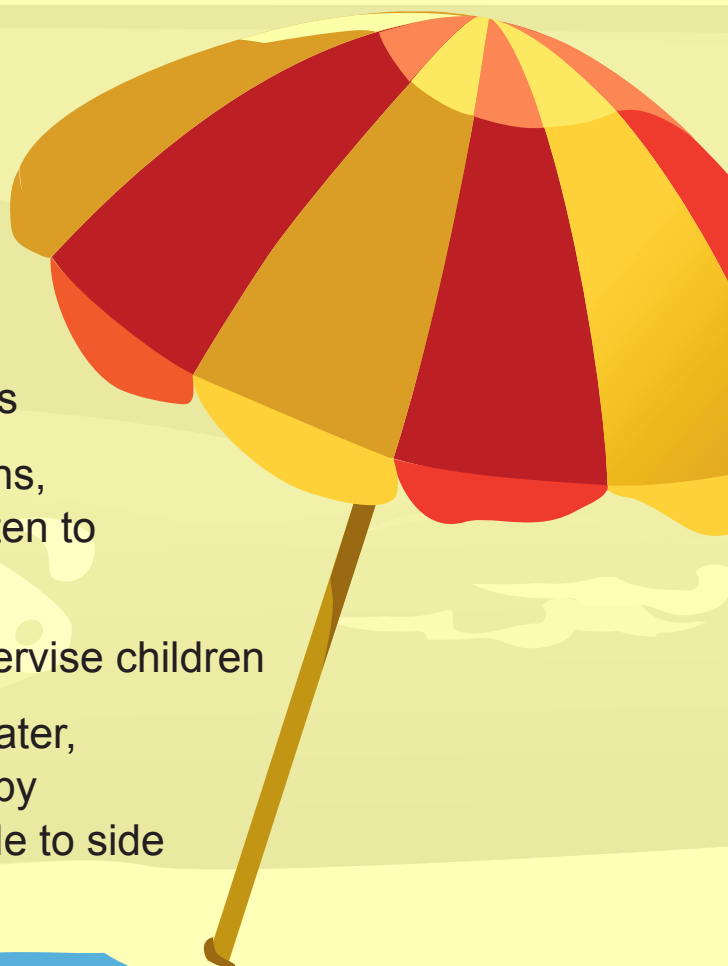


Beach Safety

- **Plan your day** - visit <https://beachsafe.org.au/nsw/shellharbour> or download the BeachSafe app for up to date conditions on all your favourite local beaches and check patrol services
- **Keep valuables out of view** in your car and on the beach - don't be an easy target for thieves
- **Swim between the red and yellow flags**
- **Read the beach safety signs** - if you are unsure talk to the lifeguards
- **Be aware** of dangerous surf conditions, rips currents and other hazards - Listen to directions from lifeguards
- **Swim with a buddy** and actively supervise children
- **Stay calm** - If you need help in the water, stay calm and float, attract attention by raising your arm and wave it from side to side



Remember the five simple sun safe measures



SLIP
on a
shirt



SLOP
on some
sunscreen



SLAP
on a
hat



SEEK
shade



SLIDE
on some
sunnies