

# Safe Coastal Tourism

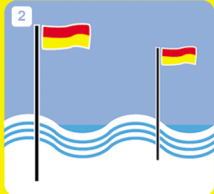
You want to go into the ocean?

**TAKE CARE!**

**Treacherous currents** and **unexpectedly high waves** can drag you into dangerous situations, followed by fatal drowning. There is also a risk of **shark attacks**.



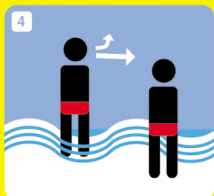
Visit a **patrolled** beach.



Keep between the red & yellow **flags**.



Stay in **knee-high** water.

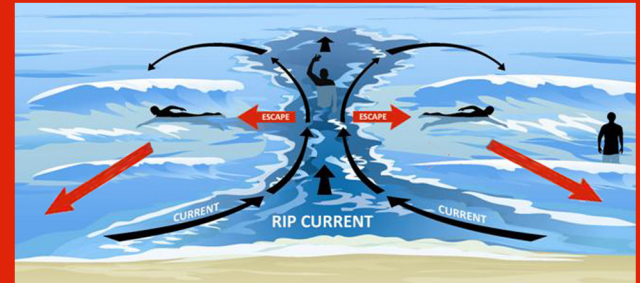


**Face** forward towards the ocean and keep in **contact** with your buddy.



## HOW DO YOU GET OUT OF A RIP CURRENT?

Rip currents are very **powerful**, **narrow channels** of **fast moving** water that **sweeps** you, even if you are a good swimmer, away from the shore out into the ocean. They can occur at any beach and are ever moving.



- Stay calm, rip currents don't pull you under.
- Don't swim against the rip current.
- Float, go with the rip current flow and see if you are returned to shallower water.
- Swim out of the current, towards the breaking waves.
- Use the waves to help get you back to the beach.
- If you need help, yell or wave for assistance.

Info: [www.lifesaving.co.za](http://www.lifesaving.co.za)

Emergency phone numbers:

- |       |                    |
|-------|--------------------|
| 10111 | Police             |
| 10177 | National Emergency |
| 112   | Cell Emergency     |