

# Beach Safety



**No Flags**

**No Swim**

**Lifeguard Service**

# Keeping You Safe



- Always swim between the red and yellow flags (the flags indicate a designated swimming area).
- Swim only at beaches patrolled by lifeguards and lifesavers.
- If you get into difficulty, stay calm and raise your arm.
- Always supervise children.
- Never swim alone.
- Follow the advice of lifeguards and lifesavers.
- Always wear a hat, sunglasses, shirt and sunscreen. Drink plenty of water.
- Never drink alcohol and swim.



## Lifeguard Patrolled Beaches

All 17 beaches are patrolled from the beginning of NSW School Holidays in September to end of April School holidays. North Wollongong beach is open all year round.

See Council's webpage for more information about beach location, rules, water quality and how to book a beach wheelchair.



# Lifeguards and Lifesavers

Lifeguards are employed by Wollongong City Council at beaches and pools. They wear white shirts and navy blue shorts. Our beach lifeguards are usually on patrol from Monday to Saturday.

Lifesavers are volunteers who give their time to patrol beaches on Sundays and Public Holidays. They wear red and yellow uniforms.



Surfboards are not to be ridden between the red and yellow flags.



Volunteer lifesavers

## Rip Currents

Most beaches have rips. Rips push water back out to the ocean and carry floating objects, including people, with them. Some of the signs of a rip include:

- Darker water with no or fewer breaking waves.
- A rippled surface surrounded by smooth water.
- Not all rips show all these signs. If in doubt, stay out of the water.
- If you get caught in a rip, don't try to swim against it, if you start to get tired try floating.

## Our Education Program

If you would like the Wollongong Lifeguard Service to come to your school or you would like more information contact us.

## Information

For more information visit Council 'Beaches' webpage or phone Customer Service on (02) 4227 7111.

If you need an interpreter call the Telephone Interpreter Service on 131 450 and ask to be put through to Wollongong City Council Customer Service.

**Visit Wollongong City Council YouTube Channel for surf safety videos**

**[www.wollongong.nsw.gov.au/lifeguards](http://www.wollongong.nsw.gov.au/lifeguards)**