

The ocean can be very dangerous

# Stay safe at the beach



Swim between the flags  
**NO FLAGS = NO SWIM**



Never swim alone



Ask a lifeguard for help



Wear a life vest if rock  
fishing or exploring on  
rock shelves



Don't swim if affected by  
drugs or alcohol

## If in trouble

HELP



Stay calm, float, raise  
your hand, yell for help



Keep hold of your  
floatation device i.e.  
surfboard, body board



In Emergency  
**Call 000**

For more information visit  
[newcastle.nsw.gov.au](http://newcastle.nsw.gov.au)



City of  
Newcastle

# Take notice of these caution symbols at the beach



**Falling rocks**



**Shallow water**



**Submerged rocks**



**High surf**



**Drop off**



**Strong currents**



**Sharks**



**Edge**

