

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

 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



Newcastle patrolled beaches

All year round

Seasonal
(September school holidays to April school holidays)

Red and yellow flags
Swimming area

Public toilets

First Aid

Wheelchair accessible