

# **On the beach and in the sea checklist:**

- ✓ **Choose a beach with a lifeguard if possible**
- ✓ **Read the beach safety signs**
- ✓ **Supervise children at all times both in and out of the water**
- ✓ **Make sure everyone in your party knows what to do in an emergency**
- ✓ **Never swim on your own**
- ✓ **Don't swim near or dive off rocks**
- ✓ **Stay close to the shore line and avoid going out of your depth**
- ✓ **Protect yourself against the sun**