

Whilst Carne Beach is renowned for safe swimming and is not known to have strong undercurrents, it is still prudent to be aware of potential risks when holidaying by the coast. As such guests are encouraged to read the following generic advice.



## On the Beach



Keep a close eye on children because they are safest when supervised. It is a good idea to agree a meeting point in case of separation.

Covering a person with sand in a hole isn't advisable as it could collapse in on them without warning.

Avoid sitting directly under cliffs as sometimes small parts can become detached.

Be aware of what the tide is doing to ensure you do not get cut off when it comes in. Do not try to climb cliffs as a short cut to exit the beach.



## Coastal Walking



Avoid walking alone or at night. Take a phone with you and let someone know where you are going and what time you are likely to be back.

Unmarked paths leading to beaches can be dangerous and are best avoided.

Keep to the path and away from cliff edges - please follow advisory signs and waymarks.

Take special care of children and dogs as they may not see potential dangers.

Dress sensibly for the terrain and weather. Stay within your fitness level – some sections of the coastal footpath are strenuous and/or remote.

If you fall into the water unexpectedly, take a minute as the initial shock of the cold water can cause you to gasp and panic. The shock passes in under a minute so don't swim straight away.



## In the Water



Ensure children are closely supervised and be careful with inflatables, which are designed for pools not the sea.

If you are going to swim out from the shore, make sure you have someone watching you from the beach in case you get into difficulties.

If you find yourself in deep water unexpectedly and cannot swim to shore, do as little as possible and float as to not become exhausted.

Beware of rip tides/currents, which are strong channels of water that run out to sea. These can pull you out into deep water. If you get caught in a rip current, stay calm and don't panic. Don't try to swim against it because you will become exhausted. Keep hold of any inflatable. If you can stand, wade don't swim. If you can't wade swim parallel to the shore for 15 metres (or until free of the current) and then head for the shore. If you are unable to swim or you are getting tired, stop and raise one arm in the air in a fist shape and shout for help. Then lie on your back in a star shape and float to save energy.



## Getting Help



The first thing you must do if you see someone in trouble is shout for help and ensure someone calls 999 or 112 as soon as possible to ask for the coastguard.

If they are in deep water then throw something that will float – a ball, something plastic, or a lifebuoy. If they are close to you, reach with a long stick, clothes or anything else. Crouch or lie down to avoid being pulled in. Don't enter the water yourself - too many drown trying to save others.

If you are able to help the person out of the water, keep them warm and make sure they get medical help.