

# Porthmawr S.L.S.C. – Your Beach/Your Club

Welcome to the Porthmawr Surf Life Saving Club. Here are just a few items of guidance for new members.

The importance of being safe at the beach and in the sea cannot be over stressed. Be sure to spend a few minutes checking the conditions or speak to a lifeguard before entering the water.

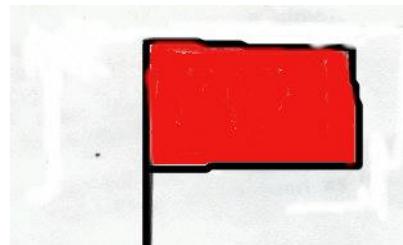
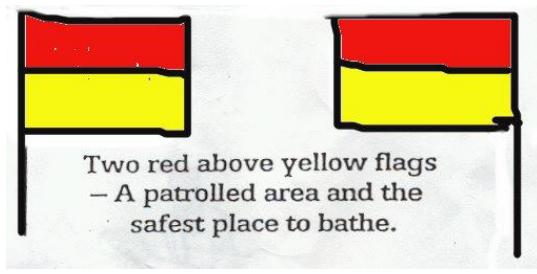
All members should sign in when arriving at the clubhouse!

The First Aid Room is out of bounds except for the use of First Aid cases.

If you see or are alerted to a person in difficulties please get a qualified Lifeguard to help!

BATHE BETWEEN THESE FLAGS - THIS IS  
THE AREA THAT THE LIFEGUARDS PATROL

THIS FLAG MEANS DANGER – DO NOT SWIM!



## Rip Currents

A rip is a strong current of water running out to sea. It usually occurs near sandbanks, piers, rocks or other obstructions in the sea. **Whitesands has a very prominent rip on the Ramsnose to the right of the beach especially at high tide.** The larger the surf is, the stronger the rip. Rip currents are dangerous as they can carry a weak or tired swimmer out into very deep water.

### Identifying a Rip

These features will alert you to the presence of a rip:

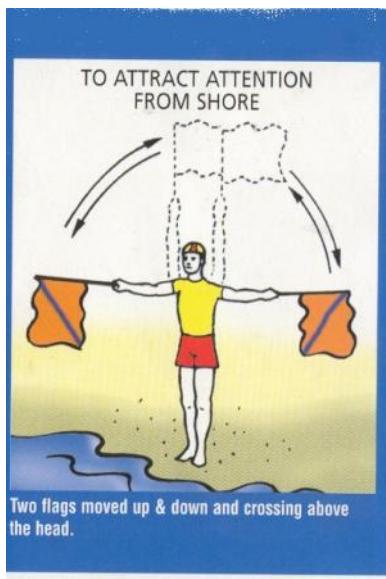
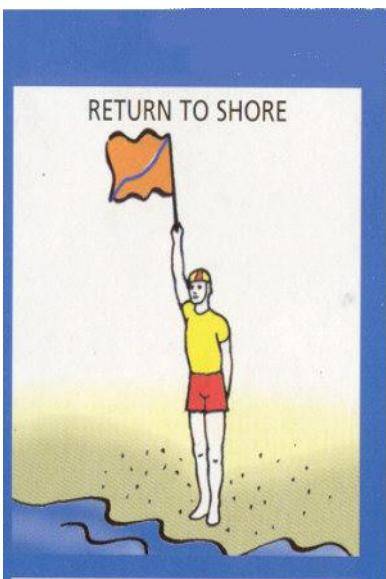
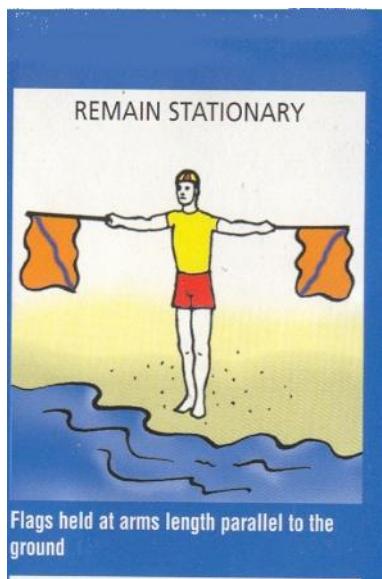
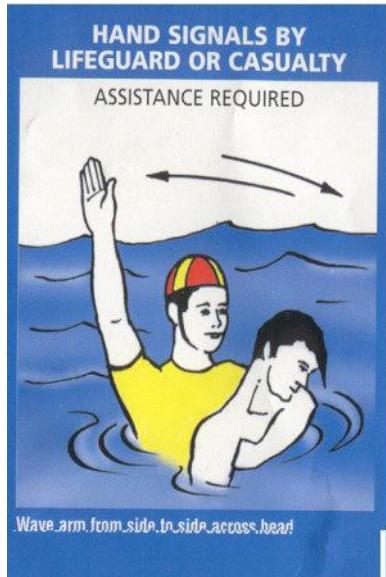
- murky brown water, caused by sand stirred up off the sea bed
- a rippled look, when the water around is more or less calm
- waves breaking further out on both sides of a rip
- darker colour of sea, indicating deep water
- debris floating out to sea

### Escaping from a Rip

If you are caught in a rip:

- DON'T PANIC!
- if you are a strong swimmer, swim at an angle of 45 degrees across the rip current, towards the beach.
- if you are tired or inexperienced ride it out from the beach and then swim parallel to the shore for 30 to 40 meters to where the waves are breaking and come straight back to shore
- SIGNAL FOR HELP!

Most often used signals.



### 3 WHISTLE BLASTS MEANS LIFEGUARD GOING INTO ACTION

– Alert all members if you hear it!

### 2 WHISTLE BLASTS MEANS A LIFEGUARD WANTS ANOTHER LIFEGUARD

1 WHISTLE BLAST MEANS - LOOK FOR THE LIFEGUARD AND OBEY

**PLEASE KEEP YOUR HUT TIDY!** Do not leave things lying around!  
Pick up litter! Wash Your Dishes! Keep food surfaces clean!

- Always ask before taking in equipment!
- All members should train towards a basic qualification!
- All members should take part in general training sessions in order to refresh/maintain fitness, skills and knowledge.