

Ten Surf Safety Rules

1. Have an adult watch over you.
2. Be “Sunsmart.”
3. If in doubt stay out.
4. Swim between the flags.
5. Never surf or swim alone.
6. Listen to life guards advice.
7. Consider other surf users.
8. Never swim or surf when tired or cold.
9. Always use correct and safe equipment.
10. Learn to recognise where rips are.

