



# Staying safe on Torbay's beaches

Check for offshore winds

## What are 'offshore winds'?

Offshore winds blow from land out to sea and can prevent you from getting back to shore safely. They are particularly dangerous for small craft, such as paddleboards and kayaks.



Inflatables are particularly at risk, which is one of the reasons why HM Coastguard advise against using them in the sea.



## Reduce the risks

If you are caught out by offshore winds while paddleboarding, kneel or lay down on your stomach and paddle back to shore.

Signal for help by waving your arm in the air or call 999 and ask for the Coastguard.

While you are waiting for help, stay with your craft – you will be more visible to search and rescue teams.

## Look out for our wind socks!

These will show you the direction and strength of the wind.



## Beach safety tips



### Leave inflatables at home

They can easily be swept out to sea by currents or offshore winds.



### Stay hydrated

Remember to bring a bottle of water. Many beaches also have drinking water taps.



### If in doubt don't go out

Play in shallow water on the shore instead.



### Apply sunscreen regularly

Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection. Reapply every 2 hours, or after swimming.



### Make sure you can call for help

If you're going in the water, carry your mobile phone in a waterproof pouch.



If you see someone in trouble dial 999 and ask for the coastguard.