

BEACH SAFETY

Law Enforcement Officers will be conducting regular patrols on the City's beaches throughout the festive season. Beach users are reminded that no alcohol is allowed on any City beach. Residents and visitors are requested to please follow any instructions given by lifeguards, Shark Spotters or Law Enforcement Officers. They are there to provide assistance and ensure the safety of all beach-goers. The public must observe and obey all safety signage on the beach.

Beachgoers are urged to heed these safety tips:

- Swim only where there are lifeguards and where signs indicate it is safe to do so. Don't swim if lifeguards are not present.
- Make sure that lifeguards can see you when you are in the water.
- Always swim between the red and yellow flags. These indicate safe, supervised swimming areas. Areas outside these flags might conceal dangerous currents and tides.
- Only swim in areas where other people are present. Swim in groups and advise friends or family when you go swimming.
- Do not swim when there are marine animals such as whales, dolphins and seals in the area or when a marine animal carcass has washed up onto the beach.
- If you find yourself in trouble, raise your arm and wave to attract the lifeguards' attention. Do not panic, as this will tire you.
- If you see someone in trouble in the sea, alert the lifeguards or find trained help. Don't put your own life in danger as well.
- Parents must be on high alert when their children are playing in or near the surf, a river or a pool. Children can also get lost on crowded beaches and parents are urged to be especially vigilant.
- Alcohol is not permitted on city beaches or at public swimming pools
- Read and obey the beach regulations and follow instructions or advice from lifeguards
- Report hazardous conditions or incidents to lifeguards or other beach personnel
- Never swim alone
- Swim parallel to the shore if you wish to swim a long distance
- Supervise children closely, even when lifeguards are present. A personal floatation device is recommended for children
- Avoid swimming near rocks, piers, jetties, groynes and breakwaters
- Do not take drinking glasses, glass bottles or glass containers to the beach as they can inflict deep cuts to bare feet



SHARK SAFETY

Some areas pose more of a danger for certain activities than others. Kayakers and surf skiers are urged to be especially cautious in the area between Sunnycove and Glencairn Beach; while surfers and swimmers should be vigilant in the areas between Sunrise Beach and Strandfontein, as well as the Maccassar Beach area.

A total of 30 Shark Spotters have been deployed at Glencairn, Clovelly, Muizenberg Corner, Fish Hoek, St. James, Kalk Bay, Noordhoek and Kogel Bay (The Cave) this festive season.

Swimmers should always use beaches where shark spotters are on duty. They are urged to take the time to speak to the spotters to find out about

Tips

- If people exercise caution and are aware of their environment, the risk of attack can be lowered. To reduce the risk of attack:
 - Do not swim, surf or surf ski when birds, dolphins or seals are feeding nearby.
 - Do not swim in deep water beyond the breakers.
 - Do not swim if you are bleeding.
 - Do not swim near river mouths.
 - Do not swim, surf or surf ski near areas where trek netting, fishing or spear fishing is taking place.
 - Do not swim, surf or surf ski at night.
 - If a shark has recently been sighted in an area where no shark spotters are present, consider using another beach for the day.
- First time visitors to beach areas should ask the local law enforcement official, life guards or locals about the area.
- Obey beach officials if told to leave the water.
- For those people kayaking or surf skiing far out to the sea, consider paddling in groups and staying close together (in a diamond formation).



RED FLAG



GREEN FLAG



BLACK FLAG



WHITE FLAG

A red flag indicates a shark alert. This flag will be flown during periods of increased shark activity, after a shark has recently been spotted in the area and the beach cleared, when conditions are conducive to high shark activity.

A green flag means that the spotting conditions are good and no sharks have been seen.

A black flag means that the spotting conditions are poor but no sharks have been seen.

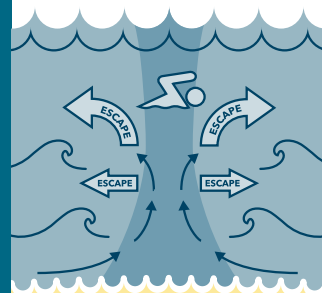
A white flag with a black shark diagram means that a shark is currently near the beach, and beach users must get out of the water. A siren is sounded and the white flag is raised.

PUBLIC SWIMMING POOLS

A lifeguard's most important role is the prevention of drowning incidents, but they also serve to teach pool users about water safety. Our pools should be places of fun and recreation – without any fear of irresponsible behaviour, which can place other bathers at risk.

We would like to appeal to all swimming pool users to obey the rules and instructions of our lifeguards and City staff.

- Only regular swimming costumes are permitted for swimming.
- No alcohol, firearms, animals, use of soap, glass containers, balls or frisbee game, underwater diving equipment, inflatable mattresses and tubes, playing of music, preparation of food are permitted on the premises.
- No running, pushing, ducking, petting, bombing, shouting or rough play.
- Children under the age of seven must be accompanied and supervised by an adult or parent.
- Children over the age of seven are not allowed in the baby pool.
- Report any illness you may be suffering from to staff before using the swimming pool.
- The superintendent's instructions are to be obeyed at all times.



RIP CURRENTS

A rip current is a strong, narrow surface current that flows rapidly away from the shore. Rip currents form when excess water that has accumulated along a shore, due to wind and waves, rushes back suddenly to deeper waters, also called a rip tide.

Rip currents are able to develop anywhere where there are breaking waves.

Rip currents are not always visually detectable but stronger rip currents give some tell-tale signs:

- Water through a surf zone that differs in colour to the surrounding water
- A break in the incoming pattern of waves
- Seaweed or debris moving out through the surf zone
- Isolated, turbulent and choppy water in the

Beach goers should swim only where lifeguards are on duty – avoid swimming at beaches where there are no lifeguards. If you are caught in a rip current, the most important thing to do is to stay calm and relax. Swim slowly and conservatively, parallel to the shoreline, or relax and let it carry you out past the breakers until it slackens.

Contrary to myth – rip currents are not an "undertow," which is a misleading term. They will not pull you under the water. As long as you can tread water or float you will be safe until you can escape the flow and head back to the beach.

When you head back in, do so at an angle to the shoreline. Maintain a slow and relaxed pace until you reach the shore or assistance arrives. If you are swimming at a beach where lifeguards are on duty - and you should be - they will most likely have seen you and will be on their way out



CITY OF CAPE TOWN
ISIXEKO SASEKAPA
STAD KAAPSTAD

CAPE TOWNS BEACHES:
ENJOY THE SUMMER
AND BE SAFE

SPORT, RECREATION AND AMENITIES



EMERGENCY CONTACT NUMBERS

All Emergencies	107
Police	10111
Law Enforcement	086 076 5423
Crime Stop	08600 10111
Cellphone Emergency	112 or 021 480 7111
Aids Helpline	0800 012 322
Childline	0800 055 555 or 021 461 1113
Red Cross Children's Hospital Poison Line	021 689 5227
Fire Control Room	021 590 1900
Disaster Management	021 597 6000 or 080 911 4357

Making progress possible. Together.

MAP LEGENDS

BEACHES

BEACH	Blue Flag Beach	Beach	Resort	Fishing Allowed	Shark Spotters	Lifeguards	Boat Launching Site	Braai Areas	Beach Wheelchairs	Dogs Allowed	Dogs Not Allowed	Dogs On Leash Only
SILWERSTROOMSTRAND BEACH	✓	✓	✓	✓	✓	✓						
CLIFTON 4TH BEACH	✓		✓									✓
CAMPS BAY	✓		✓								✓	*
LLANDUDNO BEACH	✓		✓									*
MUIZENBERG BEACH	✓	✓	✓		✓	✓						*
STRANDFONTEIN BEACH	✓		✓									✓
MNANDI BEACH	✓	✓	✓									*
BIKINI BEACH	✓	✓	✓									✓
MELKBOSSTRAND BEACH	✓		✓									*
BIG BAY BEACH		✓	✓									*
DOLPHIN BEACH		✓										✓
MILNERTON BEACH		✓	✓									*
HOUT BAY		✓	✓									✓
LONG BEACH, KOMMETJIE		✓										✓
SEAFORTH BEACH												✓
WINDMILL BEACH												✓
FRANK'S BEACH												✓
FISHERMAN'S BEACH		✓										✓
LONG BEACH, SIMON'S TOWN		✓										✓
SIMON'S TOWN		✓	✓	✓	✓	✓						✓
FISH HOEK BEACH												*
SUNRISE BEACH			✓		✓							✓
GLENCAIRN BEACH					✓							✓
CLOVELLY BEACH			✓		✓							✓
DANGER BEACH		✓										*
SONWABE BEACH		✓										✓
BLUEWATERS BEACH			✓	✓	✓							✓
MONWABISI BEACH		✓	✓	✓								✓
MACASSAR BEACH		✓	✓			✓						✓
STRAND BEACH			✓	✓								✓
GORDON'S BAY BEACH		✓	✓	✓	✓							✓
KOGEL BAY BEACH		✓	✓	✓	✓							✓
WITSANDS BEACH												✓
BLOUBERG BEACH		✓										*

* Allowed under certain conditions.

RESORTS

SILWERSTROOMSTRAND RESORT	Silwerstroom Road, off the West Coast Road (R27) 021 572 0835/0648
KUILSRIVIER CARAVAN RESORT	131 Van Riebeeck Road, Kuilsriver 021 900 1653/1648
SOETWATER RESORT	Lighthouse Road, Kommetjie 021 788 7881/021 783 5914
MILLER'S POINT RESORT	Off Main Road (M65) 021 786 1142/5503
FISHHOEK RESORT	Beach Road, Fish Hoek 021 572 0835/0648
ZANDVLEI RESORT	Corner of Windermere and Row Street, Muizenberg 021 788 5215
BLUE WATERS RESORT	Cnr Links and Llukanon Drive, Strandfontein 021 444 8796
MONWABISI RESORT	Off Baden Powell Drive, Khayalitsha 021 823 9709/9697
MACASSAR RESORT	Beach Road, Macassar 021 444 7493
VOORTREKKER RESORT	Hofmeyer Road, Strand 021 850 4169/4080
HARMONY PARK RESORT	Cnr Jan Bruin and Gordon's Bay Road, Gordon's Bay 021 850 4169/021 854 4080
HENDON PARK RESORT	Faure Marine Drive, Gordon's Bay 021 856 9622/9623
KOGEL BAY RESORT	Along Clarens Drive, 10 kilometres from Gordon's Bay on the road to Rooi Els/ Betty's Bay 021 856 9622/021 856 9623

- Blue Flag Beach
- Beach
- Resort
- Fishing Allowed
- Shark Spotters
- Lifeguards
- Boat Launching Site
- Braai Areas
- Beach Wheelchairs
- Dogs Allowed
- Dogs Not Allowed
- Dogs On Leash Only



SCAN AND FOLLOW THE LINK TO OUR SPORT, RECREATION AND AMENITIES WEBSITE



Z-CARD® PocketMedia® (Trade marks used by Z Industries Ltd under licence). This product is a doubly-folded sheet card. These products and associated machinery and processes are subject to South African, African and world-wide patents granted and pending including PCT/GB2013/052942 © 2014 Z Industries Ltd. Produced under licence by PocketMedia® Solutions. Tel: 0861 092273 Fax: 0865 155 551 www.zcard.co.za Job No.:LS/369/5007