

Fun in the sun – sun safety

Cape Town is known for its hot sunny days which make the beach even more enjoyable. However, the hot sun means there is increased exposure to the heat and the sunrays (UV rays).

Sunburn

Continuous overexposure to the sun without proper protection can have immediate consequences such as soreness of the skin, feeling too hot and feeling sick.

A common long-term result is skin cancer.

Dehydration

The heat created by the sun can cause your body temperature to rise and you may lose fluids by sweating.

If you become too hot and do not have enough fluids in your body, you become dehydrated.

Early symptoms include headaches and fatigue.

Be sun safe

SLIP - Slip on a long-sleeve shirt to get the best protection from the sun's rays.

SLOP - Slop on some SPF30+ sunscreen at least 15 minutes before you go out in the sun and don't forget to reapply every two hours after that.

SLAP - Slap on a wide-brim hat that will protect your head and face best.

SEEK - Seek some shade, particularly between 10:00 and 15:00 when the sun is at its hottest.

SLIDE - Slide on a pair of UV-rated sunglasses.

SIP - Drink plenty of water and avoid fizzy and alcoholic drinks.



CITY OF CAPE TOWN | ISIXEKO SASEKAPA | STAD KAAPSTAD

THIS CITY WORKS FOR YOU



Emergency contact details

For all life- and property-threatening emergencies

107 from a Telkom landline or

021 480 7700 from a cellphone

Disaster Risk Management is everybody's business

080 911 HELP (4357)

www.capetown.gov.za/disaster

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BEACH SAFETY

Beach safety - flags

Special flags are displayed on beaches to highlight hazards and indicate supervised areas. Red and yellow flags show the presence of lifesaving services in a specific area.

NO FLAGS = NO SWIM

To enjoy the beach safely, remember:

- F** – Find the red and yellow flags and swim between them.
- L** – Look at, understand and obey the safety signs.
- A** – Ask a lifeguard or lifesaver for advice before you enter the water.
- G** – Get a friend to swim with you.
- S** – Stick your hand up, stay calm and call for help if you get into trouble.



Lifeguards

They are there to supervise beachgoers and provide advice on beach conditions. Obey their instructions at all times.



Don't drink and drown ALCOHOL AND SWIMMING

Alcohol is not permitted on beaches and will be confiscated if found. People who swim whilst under the influence of alcohol or drugs have a much higher risk of getting into trouble and too many drownings have been linked to this factor.

Some of the effects of alcohol and similar substances (e.g. drugs) whilst swimming include:

- Impaired judgement – you may take more risks and overrate your ability in the water.
- Lack of coordination and reaction time – it may affect sight, sound and touch, and it will take you longer to react if you get into difficulty.
- Inability to control temperature – overheating may result from dehydration and unawareness of sun exposure.



Keep an eye on the kids

Children require constant attention and supervision when visiting the beach or around any body of water. A lack of direct supervision regularly results in lost children or, in worst cases, death by drowning.

Tips and techniques

The best form of supervision at the beach is to interact with your children actively. This means that children should always be within arm's reach. Observing them should be your priority when around water.

- Use brightly coloured clothing and swimming gear.
- Identify an easy-to-find point on the beach that children can go to if they become separated (e.g. the lifeguard tower).
- Active supervision is the best form of supervision and it's fun!

If your child gets lost

- Do not panic.
- Quickly check the immediate area then notify the lifeguards on duty.
- If no lifeguards are on duty contact the police.
- Provide the following information:
 - A description (i.e. age, clothing, name, hair colour)
 - The time the child was last seen
 - Any medical problems the child may have

Most children are usually found very quickly. However, sometimes a wider search is needed, which may include the car, the home/unit and surrounding parklands/playgrounds.



General beach safety tips

- Swim near a lifeguard
- Never swim alone
- Don't fight the current
- Swim sober
- Leash your board
- Don't float where you can't swim
- Don't dive headfirst, protect your neck