

Cape Town Beaches: Lifeguard Duty Schedule 2024/25

View the table below for a schedule of lifeguard operating hours and beaches offering safe swimming areas (areas designated by red and yellow flags and monitored by lifeguards).

Suburb	Beach	Lifeguard hours	Swimming area available	Additional Comments
Atlantis	Silwerstroomstrand	10:00 - 18:00	Yes	Bathing area at the beach and tidal pool covered by lifeguards
Big Bay	Big Bay Beach	10:00 - 18:00	Yes	
Camps Bay	Camps Bay Beach and tidal pool	10:00 - 18:00	Yes	
Clifton	Clifton 1 st Beach	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as there are no safe swimming areas
	Clifton 2 nd Beach	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as there are no safe swimming areas
	Clifton 3 rd Beach	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as there are no safe swimming areas
	Clifton 4 th Beach	10:00 - 18:00	Yes	
	Maiden's Cove	10:00 - 18:00	Yes	
Clovelly	Clovelly	10:00 - 18:00	Yes	Lifeguards will be stationed here from 1 December and only patrol to Clovelly from Fish Hoek prior to this date
Fish Hoek	Fish Hoek	10:00 - 18:00	Yes	
Gordon's Bay	Bikini Beach	10:00 - 18:00	Yes	
	Gordon's Bay Beach	10:00 - 18:00	Yes	
	Harmony Park tidal pool	10:00 - 18:00	Yes	
	Kogel Bay Dappat Se Gat / Caves	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as this is an identified hotspot for water emergencies and there are no safe swimming areas
Hout Bay	Hout Bay	10:00 - 18:00	Yes	

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Suburb	Beach	Lifeguard hours	Swimming area available	Additional Comments
Kalk Bay	Kalk Bay Harbour Beach	10:00 - 18:00	Yes	Lifeguards will be stationed here from December. Exact date to be confirmed with Law Enforcement
Khayelitsha	Monwabisi Beach and tidal pool	10:00 - 18:00	Yes	
Llandudno	Llandudno	10:00 - 18:00	Yes	
Macassar	Macassar Beach	10:00 - 18:00	Yes	
Melkbosstrand	Melkbosstrand	10:00 - 18:00	Yes	
Milnerton	Milnerton Lagoon Beach	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as this is an identified hotspot for water emergencies and there are no safe swimming areas
	Milnerton Lighthouse	10:00 - 18:00	Yes	
Muizenberg	Muizenberg	10:00 - 18:00	Yes	
	Sunrise Beach	10:00 - 18:00	Yes	Lifeguards will be stationed here from 1 December and only patrol to Sunrise Beach from Muizenberg prior to this date
Rocklands	Mnandi Beach	10:00 - 18:00	Yes	Lifeguards cover both an east and west bathing area
St James	St James tidal pool	10:00 - 18:00	Yes	
	Danger Beach	10:00 - 18:00	Yes	
Strand	Strand (Deep Blue)	Patrol 10:00 - 18:00	No safe swimming areas	Patrol area for lifeguards only as this is an identified hotspot for water emergencies and there are no safe swimming areas
	Strand (Lifesaving Club)	10:00 - 18:00	Yes	
Strandfontein	Blue Waters	10:00 - 18:00	Yes	
	Strandfontein Beach and tidal pool	10:00 - 18:00	Yes	
Table View	Table View	Patrol 10:00 - 18:00	No safe swimming areas	Lifeguards will be stationed here to patrol only as this is an identified hotspot for water emergencies and there are no safe swimming areas