

Tips for Staying Safe in the Surf

Check the Conditions.

Choose your spot carefully. Obey all signs and flags. If you are unsure of surf conditions, ask a lifeguard.

Check your gear.

Board in good condition with safety leash or leg rope attached. Wetsuit, fins etc suitable for conditions. Slip, slop, slap.

Never surf alone.

Surf with a mate and always let others know where and how long you will be.

Surf within your ability.

Know your limits. Reassess conditions as they change. If you do get into trouble, raise your hand and call out for assistance.

Follow the Surfer's Code.

Respect everyone's right to enjoy the surf. Follow the code for a safe and enjoyable surf!

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