

WORKING TOGETHER

To put your family's safety first



Lifeboats



WELCOME TO SETON SANDS HOLIDAY PARK

We do hope that you enjoy your stay and make the most of the area around the park.

Please be aware that the nearest beaches do not have lifeguards patrolling but, to ensure you enjoy a safe and fun time at the seaside during your holiday, we have put together some top tips.

At most beaches you will find safety signs so make sure you find and read them before going onto the beach. The safety signs have flag symbols and two types of warning symbol:



This is a hazard to watch out for – take care!



This is a prohibition sign – don't do it!

TOP TIPS:

- ★ Where possible, always swim at a lifeguarded beach, between the red and yellow flags.
- ★ Never use inflatables in strong winds or in big waves. Never use inflatables when an orange windsock is flying, as this indicates offshore winds.
- ★ Check the times of high and low tide before you go so you don't get cut off by the tide.
- ★ If you get into trouble, stick your hand in the air and shout for help.
- ★ Missing children – as soon as you get to the beach arrange a meeting place on the beach that your child can go to if they get lost. If a child goes missing, calmly check your surroundings, ensuring other children are monitored, and contact the lifeguards or police.



If you see someone in trouble, tell a lifeguard or call 999 or 112 and ask for the Coastguard

LOCAL SAFETY INFORMATION:

The nearest rocky beach is just across the road in front of Seton Sands Holiday Park, with the sandy Gullane Beach approximately 5 miles away.

Caution: There is no lifeguard service operating on these beaches



SAFE IN THE SUN:

Sunburn can ruin your holiday. At all times, even when cool and cloudy, protect yourself by using a high factor sunscreen – 40+ for young children.

It is always a good idea to avoid direct exposure to the sun during the hottest part of the day and to take advantage of shade where you can. Remember the slogan:

- ★ SLIP on a T-shirt
- ★ SLAP on a hat
- ★ SLOP on some sunscreen.

FURTHER INFORMATION:

For further information and to receive a copy of our free comprehensive family guide to beach safety *On the Beach*:

- visit rnli.org.uk/beachsafety
- telephone 0845 122 699
- email beachsafety@rnli.org.uk.

The content of this leaflet is for general guidance only and represents information available at the date of publication.

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