

How can I stay safe on the beach?

There are plenty of ways to stay safe on BCP beaches this summer. Consider the following risks and how to combat them.

- 1) **Heat** – it's important to stay cool and limit your time in direct sunlight. Consider relaxing in a shaded area, or bring a beach parasol with you. If you are basking in the sun, remember to frequently apply sunscreen.
- 2) **Dehydration** – staying hydrated is vitally important to our health. Visit one of the many beach kiosks or cafes to purchase drinks, or use one of BCP Council's new hydration stations for free water refills.
- 3) **Alertness** – it's important to be aware of your surroundings and potential dangers. Stay alert and limit alcohol consumption, especially if you are caring for children or vulnerable people.
- 4) **Togetherness** – Especially during the busy summer season, it is easy to get separated from your friends or loved ones. Consider where you are staying, share contact details and agree a rendezvous point should you get split up.
If you are caring for children or vulnerable people, we strongly consider using the free Allianz KidZone initiative to help keep them safe.

For more information on beach safety, [click here](#).

How can I stay safe in the water?

Always be cautious when going into the sea. Consider the following tips when entering the water to improve your safety.

If you have any doubts or concerns, seek advice from an on-duty RNLI Lifeguard before entering the water.

- 1) It is safer to swim in areas where you can comfortably stand.
- 2) Always swim between red and yellow RNLI flags, these areas are monitored by lifeguards.
- 3) If you see a red flag, do not enter the water.
- 4) Always tell someone that you are going into the water and clarify where you plan to swim.
- 5) Check weather and tide times before you go to swim.
- 6) If you find yourself in a struggle with the water, stay calm, float until you are free from the current and then swim to safety. Avoid fighting against the water.

For more information on water safety, [click here](#).

Is it safe to take children in the water?

If you are responsible for young children, ensure you always accompany them whenever they go into the water.

Only allow your child to play between red and yellow RNLI flags, which are monitored by lifeguards. Never allow your child into the water when there is a red flag.

Consider a flotation device for your child, such as inflatable armbands or a lifejacket.

Ultimately, use your best judgement and respect the water. If you are at the beach and want advice, or have any doubts about water safety, talk to an on-duty lifeguard at an RNLI Lifeguard Tower before entering the water.

For more information on water safety, [click here](#).

Where do I go if I need help?

If there is a life-threatening emergency, call **999** immediately.

If the issue is not life-threatening, or if you need advice, consider the following services:

RNLI Lifeguard Towers – for help with water and beach safety, missing persons and minor medical issues (such as small cuts).

Seafront Rangers – on hand to help you enjoy your experience at the beach and can offer helpful advice or assistance.

Call 101 – to contact the police for support in situations of non-imminent danger or risk to life. You can also use this number to report an incident, give information or make an enquiry.

Call 111 – for medical issues which are serious but not life-threatening and require advice from a trained NHS medical professional.

For more information on emergency services and when to call them, [click here](#).

What is Allianz KidZone and how does it work?

Allianz KidZone is an initiative in place to help keep children and vulnerable people safe and united on BCP beaches during peak summer season, when they are more likely to get lost.

Parents, guardians or carers of children or vulnerable people can pick up a wristband from the Allianz KidZone, BCP Seafront Staff or RNLI Lifeguard Towers. They should then write where they are based on the beach (eg Bournemouth Pier) along with a contactable phone number.

It is also a good idea to take a picture of the person on the day, so there is an up-to-date representation of their appearance and clothing should they become lost.

Last year, KidZone helped to return nearly 350 lost people to their families in an average of just eight minutes.

For more information on Allianz KidZone, [click here](#).

Is Allianz KidZone free?

Yes, Allianz KidZone is free to use for everybody and is an initiative operated and funded by Allianz in partnership with BCP Council.

For more information on Allianz KidZone, [click here](#).

What beaches does Allianz KidZone cover and when is it running?

Allianz KidZone will cover 12 miles of beach stretching from Sandbanks to Highcliffe, and will be running every day during peak summer.

The initiative will launch on 14 July and will end on 3 September 2023.

For more information on Allianz KidZone, [click here](#).