

# What do the flags mean?



**The orange windsock:**  
Watch out while swimming! The Windsock is hoisted in case of offshore winds and/or currents. It shows it's unsafe to take floatation devices into the water.



**The yellow flag:**  
Watch out while swimming! This flag is hoisted when water conditions are dangerous. Swimming, bathing and other activities in or on the water are discouraged.



**The red flag:**  
Don't go swimming! This flag is hoisted when water conditions are extremely dangerous. Swimming, bathing and other activities in or on the water are strongly discouraged.



**The red-and-yellow flag:**  
Lifeguards on duty! This flag is hoisted to show the lifeguard station is opened and that qualified lifeguards are watching over the catchment area.



**The checkered flag:**  
Designated water sportarea! These flags mark out a zone meant for water sports. Swimming between these flags is strongly discouraged.

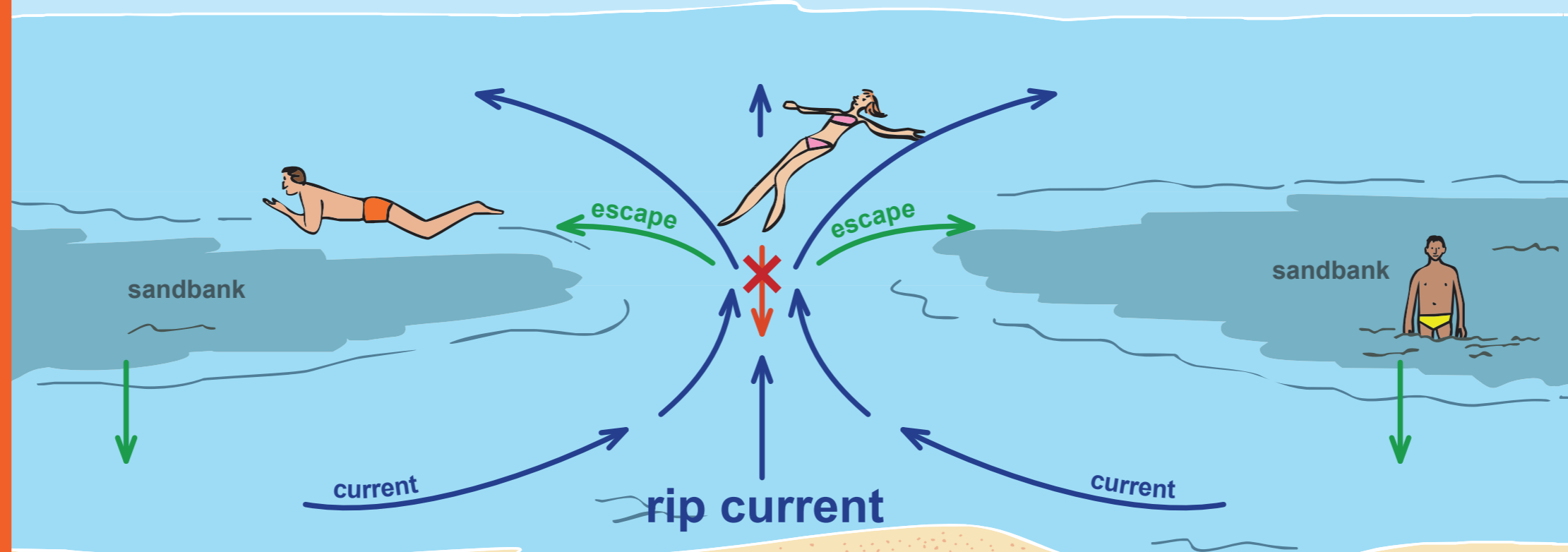


**The questionmark flag:**  
A child has been found!



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## Rip currents are extremely dangerous! You can escape a rip current! You just have to know what to do!



**What is a rip current?**  
Along the shore there are sandbanks. Between these banks there are narrow and slightly deeper waterways (in Dutch called a "mui") where, at low tide, water flows back into the sea or, at high tide, flows towards the beach.



**How do you recognize a rip current?** This can be very hard. Read about it on the website of the Dutch lifeguard federation. You can also have local lifeguards inform you.



**Are you going to swim in the sea?** Always go swimming in a location that's being watched by lifeguards. Also know here the rip currents are so you can stay away from them.



**Are you caught in a rip current?** Stay calm. Rotate yourself face up and float along with the current. Put one arm in the air to signal for attention and then wait for help.



**Safe your energy.** Never try to beat a rip current by swimming the current.



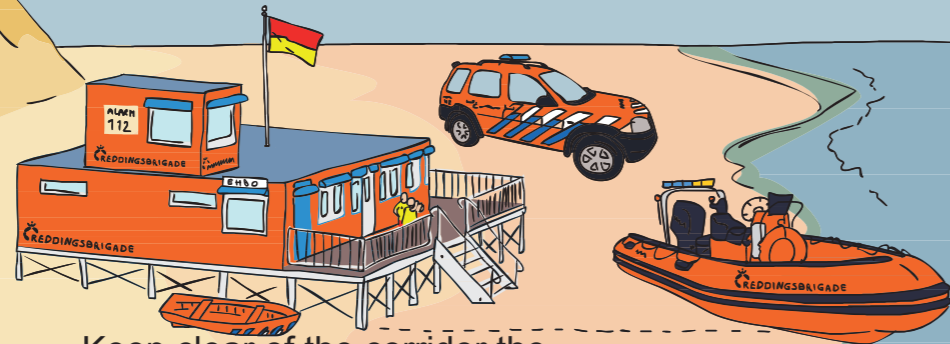
**Can you still swim?** Try to swim parallel to the shore; this will get you out of the rip current. Try to use the momentum of the waves to get back on the beach.



## Safety tips • inland water

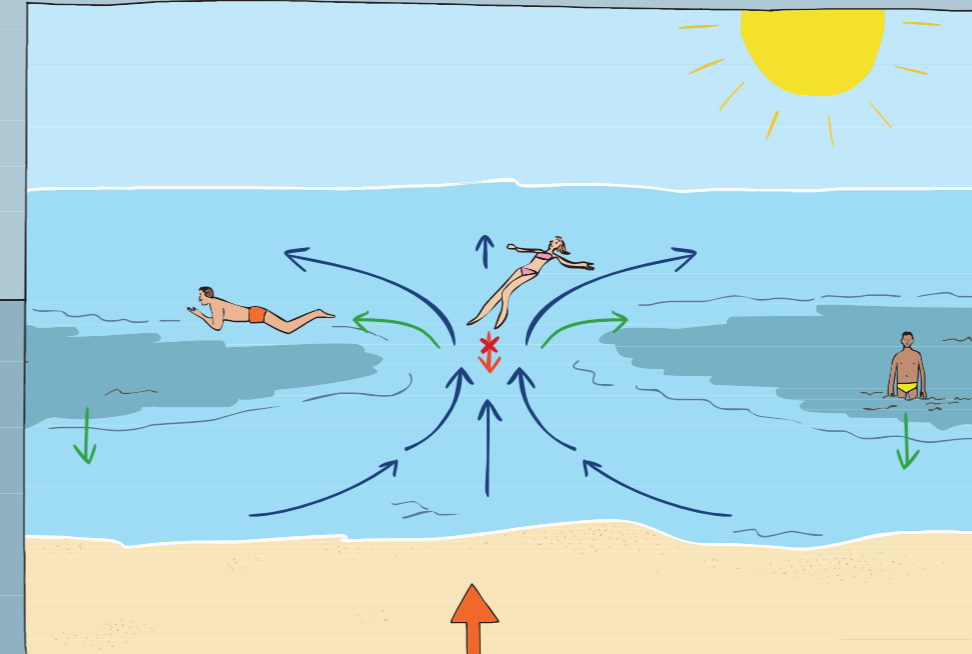


Read the information sign at the beach's entrance.



Keep clear of the corridor the lifeguards have created.

Never leave small children unattended.



Stay clear of rip currents.



Watch out for sportspeople in the water.

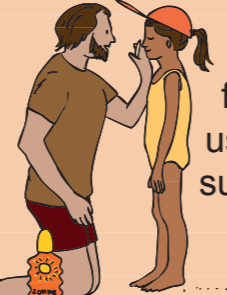
Watch the flags. Know what they mean.



Throw your trash in the trash can.



Seek out the shade every now and then.



Don't forget to use plenty sunscreen.



Only go bathing in areas lifeguards watch over.



Give your child a phone number bracelet.



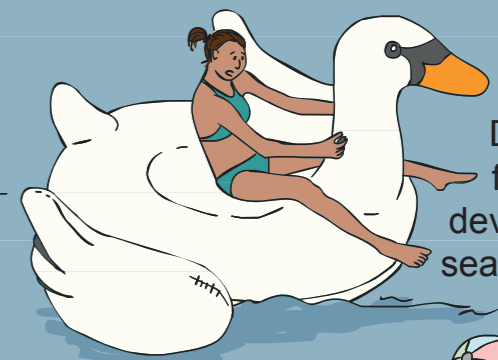
Don't forget to eat and drink sufficiently.



Don't dig deep holes.

Never go swimming by yourself.

Wash away a jellyfish sting with seawater. If necessary, visit the first-aid station.



Don't use floatation devices during seaward winds.