

The sea
can take
anyone
by surprise

The 5 bathing guidelines

The sea is a powerful natural force that demands respect and common sense. With this knowledge, TrygFonden and the Danish Swimming Federation have developed 5 bathing guidelines that cover and simplify the various bathing slogans and tips we have heard over the years. By following the 5 bathing guidelines, you can enjoy life on the beach without putting yourself in danger.



1. Learn to swim

Bathing at the beach can be dangerous especially if you do not know how to swim. If you decide to take to the water regardless, you should find a place where you can touch the bottom and where the water is calm to stay out of trouble.

2. Never bathe alone

If you stay with at least one other person in the water, you can keep an eye out for each other and react quicker if one of you encounters problems. This increases the safety of all of you. If you visit a beach with a lifeguard tower, it is recommended that you swim in the area between the red/yellow flags, where it is monitored by lifeguards. Avoid dangerous games in the water and do not shout for help for fun.

3. Learn to read the wind and water conditions

Before swimming, you should check the depth, current and wind direction. Offshore winds will quickly carry inflatable toys, rubber boats and air mattresses out to sea. The water is colder by the coast and there may be an abundance of stinging jellyfish about. Onshore winds increase the chances of rip currents. If you are caught in a rip current, it is important that you remain calm and allow yourself to be pulled out by the current. This way, you will have the energy needed to swim to the side and towards the shore when the current passes.



4. Familiarise yourself with the beach

You must be extra careful if you are swimming somewhere new to you. Ask the locals or a lifeguard if there are conditions you should be aware of before entering the water. Perhaps high speed ferries sail close by, causing large waves or the beach may be known for its strong undertow or its many rip currents. Take your time and remember that conditions change with the weather.



5. Don't lose sight of children

Even older children who are good swimmers in a swimming pool can easily end up in trouble in the sea's waves and currents. You should therefore keep a good eye on children on the beach and make sure that you do not get distracted. Stay close to them so that you can hear each other and you can take action if necessary.

On the back of this brochure, you can read more about the things you should do and be aware of.



First aid for drowning accidents

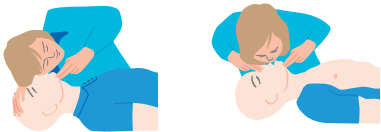


1. Check for consciousness

Shout at the victim and gently shake him. If he does not react, he is unconscious.

2. Clear breathing passage

Lift the victim's chin and tip his head up slightly.



3. Check for breathing

Listen for breathing and feel whether there is any exhalation. Feel whether the chest is expanding and contracting. If the victim is not breathing, you must immediately breathe for him 5 times. The victim's chest must expand when blowing in to the mouth and contract when exhaling.



4. Begin CPR

Give the victim heart massage and artificial respiration: 30 chest compressions and 2 breaths. Press down in the middle of the chest and blow into the mouth for one second.



5. Call for emergency assistance

Ask someone nearby to call 1-1-2 while you administer CPR. If you are on your own, you must continue resuscitation for one minute before personally ringing 1-1-2. Resume CPR and continue until professional assistance arrives.



Important things to know about the dangers of the water

The depth of the water

If the beach slopes sharply towards the water, it is very likely that it will become very deep quickly and suddenly. Large waves that break on the beach are also a sign of deep water near the beach. You may only be able to walk 1-2 metres into the water before being unable to touch the bottom. If, on the other hand, the beach is flat and wide, the water will typically have sand banks. It is often possible to touch the bottom on the sand banks, but you cannot be certain that you can touch the bottom between them, so be careful!

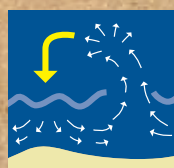
The wind direction

Trees or flags indicate the wind direction. You can also let a handful of dry sand trickle through your fingers to see which way the wind is blowing. The water is colder with offshore winds, and there will be more jellyfish. Never use inflatable toys, air mattresses or rubber boats in offshore winds, as they can be carried out to sea extremely quickly. Onshore winds increase the risk of rip currents.

The direction of the current

If the waves create foam, follow the direction of the foam and thus of the current. In strong onshore winds, you may be able to see an outflow in a rip current. Here the water is unpredictable, cloudy and/or very foamy and the current under the surface will flow strongly out to sea.

Rip currents



Rip currents can be very dangerous. Look at where the waves break. If you see somewhere with less surf, it could be a sign of a rip current, as the waves are not breaking as strongly here. If you are caught in a rip current do not fight against it. Stay calm and allow yourself to be pulled out by the current. You will not be pulled under, and when the current subsides you will be able to swim calmly to the side and then back to the coast.

Stinging jellyfish

Offshore winds increase the risk of jellyfish. If you are stung by a jellyfish, remove the tentacles from your skin with your fingers. Rinse the area with saltwater and use a local anaesthetic ointment if you think this is required.

Sun

Unfortunately, Denmark has one of the world's highest incidences of skin cancer. You are especially exposed to the sun's dangerous UV rays at the beach, so it is extra important to take precautions.

TrygFonden and the Danish Cancer Society have developed a campaign "Turn down the sun from 12pm-3pm", featuring four sun-related tips to help you prevent skin cancer.

- Siesta. Avoid sunbathing from 12pm-3pm.
- Sun hat. Cover up bare skin when the sun is at its highest position in the sky.
- Sunscreen. Use plenty of factor 15 sunscreen and remember not to bake in the sun.
- Avoid using sunbeds.

Children at the beach

It is important that you speak to your children about safety in and around water so that they understand that safety at the beach is as important as safety in traffic. Create a safe and restricted environment for children to play in and keep an eye on them at all times.

Never leave children unsupervised – not even for a minute to go to the toilet, to fetch something from the car, etc.

Important things to know about the dangers of the water

If a child disappears

It is not unusual for children and parents to become separated from each other. Fortunately, children usually disappear on land and not in the water. Children are often found close to ice cream stalls and other places of particular interest to them.

- Try to avoid panicking.
- Begin by searching the immediate area.
- Ask people around you.
- Always contact a lifeguard if one is present.
- Provide a brief and precise description of the child: Age, clothing, hair colour, etc.
- Tell them when and where you last saw the child.
- Children will often walk with their backs to the sun.
- If you have more than one child with you, make sure somebody takes care of them while you are searching for the missing child.

If the child was last seen in the water, you must always assume its life is in danger. Call 1-1-2 immediately and start a search in the water. It is a good idea to search along the current.

What do the flags tell you?

Flag in a lifeguard tower



There is a lifeguard on duty.



Dangerous conditions. E.g. strong current. Be especially careful.



Life-threatening danger. Swimming is not advised.

You may also see a green flag on some beaches, which means "Good swimming conditions. Swimming permitted. Always take standard precautions." At TrygFonden coastal lifesaving, the red/yellow flag has replaced the green flag to comply with international guidelines.

Two flags on the edge of the beach



Recommended swimming area with lifeguard on duty. Swim between the



flags.

Lifeguard towers

Our 22 lifeguard towers are manned by professional coastal lifeguards every day from 11am-7pm in weeks 27-34. When the flag is flying from the lifeguard tower, a lifeguard is on duty and monitoring the area between the two red/yellow flags. We recommend that you swim between these flags.

About TrygFonden coastal lifesaving

When a person is drowning you only have a short time to find him and begin resuscitation. By the time a helicopter has taken off and arrived at the scene of the accident it may already be too late.

It is therefore important that both Danish and overseas visitors are informed about the dangers of the beach and the precautions they can take. Furthermore, this is why a lifeguard's presence on the beach can make all the difference.

TrygFonden coastal lifesaving is a cooperation between TrygFonden and the Danish Swimming Federation. We increase safety on Danish beaches via information campaigns, equipment, training and our presence.

We established our first lifeguard tower in Denmark in 1998 and more towers have been built every year since then. You can also meet the popular Lifeguard Patrol every summer in their red four-wheel-drive vehicles that patrol the beaches and give good advice on swimming safety and first aid.

We look forward to another season of promoting swimming safety and wish everyone a great summer.

