

BEACH QUIZ

Test yourself and your family and get ready for a trip to Denmark's beaches.

- 1 Why do we need to learn to swim?
- 2 Why should you always bathe with other people?
- 3 Why should you always stay in an adult's sight?
- 4 When are you advised not to use inflatable beach toys and rubber boats?
- 5 What do the yellow/red flags on the edge of the beach signify?
- 6 What is a rip current?

Answer

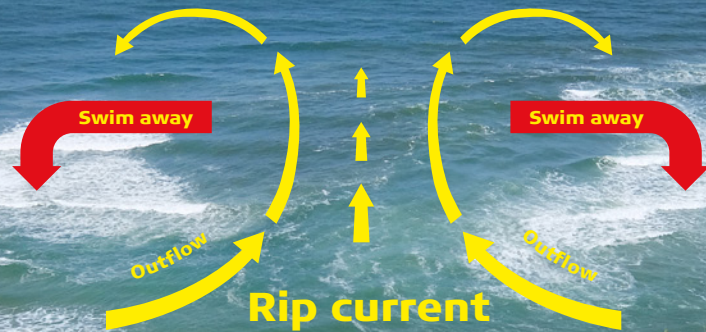
1. Because you can save yourself and others.
2. So you can keep an eye on each other.
3. Because they can help you if you get into any difficulty.
4. With offshore winds because you can get swept out to sea.
5. Recommended bathing area with lifeguard on duty.
6. An area of depression in the sandbars, where there might be an outflowing current.

How to escape a rip current

Rip currents can be found on coastlines worldwide. A rip current is caused by a depression in sandbars where there can be an outflowing current. The active depressions channel the water back out to sea and are the cause of many drowning accidents because swimmers panic or drown from exhaustion. Observing a few simple rules can avert such an outcome:

- Do not struggle against the current.
- Stay calm. You will not be pulled under.
- Swim to the side and parallel to the coastline before swimming towards the shore.

You can often spot a rip current from the shore. Look at the point where the waves break. An area with less surf could be a sign of a rip current because the waves don't break with as much force as across the rest of the sandbar.



Join Lifesaver Training

Over the summer months, the Lifeguard Patrol take up their positions at beaches all over Denmark. Children of any age can come along and experience what it's like to be a lifeguard. We will demonstrate lifeguard equipment and play our way into learning good bathing habits. You can have a go on a rescue board, learn CPR, learn how to save people in distress and you'll be awarded a nice lifeguard diploma.

We look forward to seeing you at the beach!



See when the Lifeguard Patrol is coming near you at respektforvand.dk

Help can find you at the beach

Many Danish beaches now have green signs with a unique identification number that you should state when you call 1-1-2. This ensures that help will come more quickly as the emergency services will know exactly where you are.

Look for the green signs on the beach and at the life buoy rings and emergency triangles.



Enjoy  a fun and safe trip to the beach in Denmark 

TrykFonden



Enjoy the Danish summer

Denmark is surrounded by water, and every summer our 8,700 km long coastline attracts bathers of all ages. But water can be wild and currents can be unpredictable, and every year a number of tourists get surprised by the strength of the waves because they are not familiar with the Danish coast.

Rip currents along the coast can be an unpleasant experience if you do not know the proper way to escape them.

The 5 bathing guidelines are beach rules designed to ensure tourists and locals can enjoy a fun and safe day at the beach. Read them and the good advice about rip currents in this folder to make sure you are fully prepared for a lovely day by the water.

Have a great summer!
Kind wishes,
TrygFonden Kystlivredning

Remember the 5 bathing guidelines

1 Learn to swim

Because when you can swim, you can save yourself and others if a dangerous situation develops in the water. If you are not a strong swimmer, you should only swim where the water is calm and where you can reach the bottom.



2 Never bathe alone

Swimming is more fun and safer for everyone if you always bathe with other people. Then you can keep an eye on each other and help if anyone gets in danger. And even though you are having fun, you should never play dangerous games like holding your breath under water or pretending to call for help.



3 Learn to read the wind and water conditions

Before going in the water, you should always notice the wind and water conditions. Is there a current? How deep is the water? Which direction is the wind coming from? Offshore winds will quickly carry inflatable beach toys and rubber boats out to sea and there is also an increased risk of stinging jelly fish. With onshore winds and/or waves against the coast, there is a heightened risk of rip currents with outflowing currents that can sweep you away from the shore.



4 Familiarise yourself with the beach

A beach can be full of lots of surprises that cannot be seen by the naked eye. Ask the lifeguard or any locals about any special conditions that you should be aware of before you enter the water. Does it get deep quickly? Are there jetties or anything else that might affect the current? Finally, it is important that you always read the information signs found at the beach wherever you decide to enter the water.






5 Don't lose sight of children

Children love playing in the water, while adults like basking on the sand. But remember that adults and bathing children should always be able to see and hear each other. It makes it easier to call for help and come to someone's aid if something unexpected should happen. Even older children who are strong swimmers in a swimming pool can easily get into difficulty when bathing in the sea. Therefore you need to keep a close eye on children and take them with you if you need to go to the toilet or get something from the car.




What do the flags signify?

The lifeguard tower flag

-  Lifeguards on duty.
-  Danger ahead. I.e. strong current. Show extra caution.
-  Dangerous conditions. Do not enter the water.

Bathe between the flags

-  Every day the lifeguards place two red/yellow flags on the beach outside our lifeguard towers. If you swim between the flags, it means you're in an area that is within our sight.



Choose a beach, where we can see you

Our lifeguard towers are manned with professional coast lifeguards every day from 10-18 from the end of June until the middle of August. When the flag is raised on the tower, the lifeguards are supervising the area between the two red/yellow flags on the beach. We therefore recommend that you bathe in this area. You are always welcome to contact us on the beach if you have any questions about the wind or the water or need any first aid/help.



You can find our nearest lifeguard tower at respektforvand.dk/taarn or scan the QR code