

## Beach Safety

### Porthcawl beaches

- Porthcawl has 7 beaches. These are: Newton Beach, Trecco Bay, Sandy Bay, Town Beach, Rest Bay, Pink Bay & Sker Beach
- Some are sandy and are great for building sandcastles while others have a rocky shoreline and are good for rock pooling.
- **Before you visit the beach check the weather and tides.**
- In the summer, Trecco Bay, Sandy Bay and Rest Bay are usually patrolled by RNLI lifeguards



The lifeguards use hand signals to communicate on the beach.  
Can you use these signals to direct a sibling or parent in the garden?



Move away



Return to me



Move to my right  
(your left)



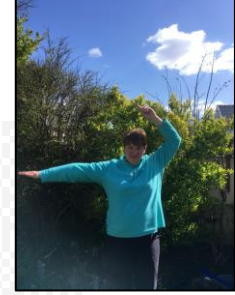
Move to my left  
(your right)



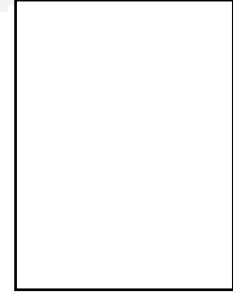
Attract attention



Stay still



Pick up object



Make your own  
signal

What did signal did you create? Why not draw it in the white box.

**For more beach safety information and beach activities check out:**  
[rnli.org/youth-education/education-resources/activity-sheets-and-posters](http://rnli.org/youth-education/education-resources/activity-sheets-and-posters)