RISK AND SAFETY TIPS FOR WATER ACTIVITIES

FOR ALL

CANTABRIAN SEA: CHANGING WEATHER

- **Consult the maritime-coastal** weather forecast.
- **Attention to the Gale!** Sudden and violent weather change with high wind and big, short period waves.

SEA CONDITION: WAVES AND CURRENTS

- Take a look to the beach **flags**:

Free bathing *Caution* *Not allowed* *Jellyfish* *Sport zone*

- **Respect** the bathing and sports areas.
- **Follow** lifeguard indication.
- **Observe the waves, identify currents and possible escape routes** *(Fig. 1)*
- Special attention to **Zurriola beach** *(Fig. 2)*

MARINE ANIMALS:

jellyfish, microalgae, "Caravela Portuguesa", Floating marine stingers ...

- Caution! In case of animal presence, **inform yourself** before entering to the water.

IN CASE OF PROBLEMS

- Stay **calm** and do not panic.
- **Float on your back and float with the rip –** it may carry you back to shore *(Fig. 3)*
- **Signal for help** by raising one arm and call out to attract attention *(Fig. 4)*
- **Wait** to be rescued.

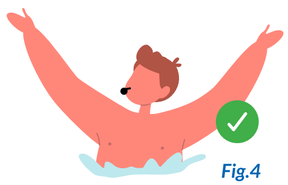


Fig.4

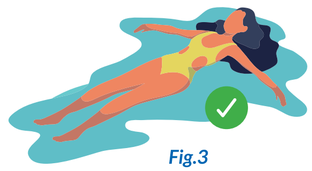


Fig.3

PADDLE SURFING AND CANOEING

BEFORE ENTERING THE WATER

- Wear a **life jacket**.
- Use the **leash**.
- Carry a **whistle**.
- Don't forget the **phone**.

IN CASE OF ONSHORE WIND (in Basque Country South component)

- Check **retorn** route to land.
- **Let someone you trust know** the route and estimated time.

OPEN WATER SWIMMING

- **Buoyed swimming area is the safest area for swimming.**
- If you decide to swim outside the marked bathing area, please take care that boats are navigating, and **CARRIES HIGHLY VISIBLE ELEMENTS**.

Use high-visibility swim cap. *Use high-visibility swim buoy.*

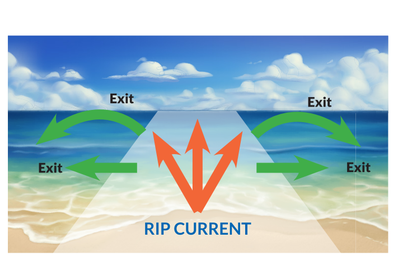


Fig.1 | *Rip Current diagram*

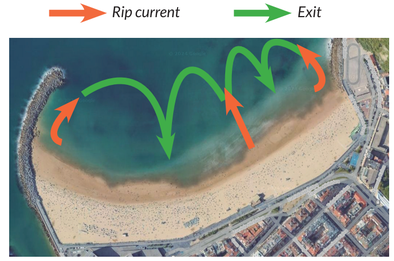


Fig.2 | *Main rip currents in Zurriola Beach*

BEACH SAFETY

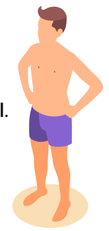
SHALLOW WATER

- **Not suitable for diving.**
- Do not **dive by head.**
- **Respect** no diving areas.
- **Check** the deph and the tide.

DON´T GO OUT IF:

- **You doubt.**
- Do not swim after consuming **alcohol** and/or **drugs.**

CROSSING FROM LA CONCHA BEACH TO ONDARRETA BEACH USING THE PICO DEL LORO ROUTE



- Avoid using this way at **high tide or sea swell.**

SHOREBREAK

- **Watch the waves break on the shore!** They are a risk for your integrity.
- **Check rip currents.**
- **If you doubt**, don't go out

IF YOU GET CAUGHT IN A RIP AND FEEL YOURSELF BEING PULLED AWAY FROM THE SHORE

- **Never try to swim against the rip, you will get tired and exhaust yourself.**
- If you are a strong swimmer and not tired, **try to swim parallel to the shore** or towards the breaking waves to return to shore.
- **Catch the waves**, they will take you to the shore.
- **Call for help by waving your arms**, lifeguards and surfers will come to your aid. *(Fig. 4)*

SURF, BODYBOARDING, BODYSURF

BEFORE ENTERING TO THE WATER

- **Know your limits.**
- **Before you set out, check the local forecast for wind, swell and tide** *(Fig. 1 y 2)*
- **Be aware of rip currents.**
- Always wear a **leash.**
- Always surf between the **red and blue chequered flags.**

- **Surf with a mate.**
- **If you doubt, don´t go out.**

IN THE WATER

- **Understand surf etiquette and rights of way.**
- **Priority goes to the person closest to the peak.**
- **Do not drop in.**
- **Do not snake.**

IF YOU GOT INTO DIFFICULTY IN THE WATER

- **Sit on the board, ask for help waving your arms,** lifeguards and surfers will come to your aid.
- **Do not throw your board.**

RELIEF AND HELP

- If you detect **someone with problems** come closer and help him/her.

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