

Need Help?

****In an emergency call 999**
Ask for the Coast guard**

Identity bracelets are available from lifeguards at the beach to help prevent separation from children, ensuring safety with waterproof plastic bands.

Public Toilets – Public toilets are located within the Salts Recreation Ground, Buckle Car Park to the west of the beach, and next to Martello Tower to the east of the beach. Public toilets can also be found within Seaford town centre in a few locations.



**Seaford Lifeguard:
01323 895554**

Seaford Lifeguards, Salts Recreation
Ground, Richmond Rd, Seaford, BN25 1DR



About Us

Seaford Lifeguards is a voluntary lifeguard service whose aims are to keep Seaford Beach users free from danger, to prevent loss of life by drowning or injury by training people highly in water safety and rescue, advanced first aid, resuscitation, surf rescue boat handling, VHF radio operation.

Seaford Beach is patrolled by volunteer lifeguards from July to September when the red and yellow flags are flying.

Seaford Lifeguards were established in 1970 providing a volunteer Lifeguard Service on Seaford beach. The organisation has grown in size and reputation into a world-class Lifeguard Service and training centre.



Keep Safe at Seaford Beach

A fun and easy guide for kids & families from your local lifeguards.



Our Beach:

Our beach is a steeped shelving shingle beach

This type of beach is made of pebbles and has a steep slope, meaning the water gets deep very quickly.

The pebbles can shift easily, and waves can be stronger than they look.

It's important to be careful when swimming, as the steep drop and strong pull of the water can make it harder to get back to shore.

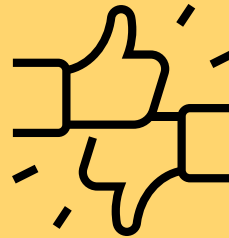
**Stay Safe,
Stay Seen**



Do & Don'ts

Do

- Read information
- Swim between flags
- Swim with friends
- Watch over your children
- Abide by bylaws



Don't

- Swim after drinking alcohol
- Swim when red flags are up
- Bring glass onto the beach
- Swim in rough conditions
- Dive or jump from groins, rock or piers.
- Tombstone
- Play loud music
- Any kind of nuisance or anti-social behaviour



Know your Flags



Danger – Stay Out of the Water!



This area is designated for surfboards, paddleboards, and kayaks only. No swimming – unsafe.



This area is the safest place to swim, with lifeguards on watch.



Windsock shows it's windy; inflatables may blow out to sea.

Float to Survive

STEP 1



STAY CALM

Try to relax and breathe slowly.

STEP 2



LIE BACK

Keep your head above the water.

STEP 3



USE YOUR ARMS AND LEGS

to help you float

STEP 4



BREATHE AND WAIT

If you can, call for help.

JOIN US

VOLUNTEER

SEAFORD BEACH NEEDS YOU!



Ages 14+: Lifeguard Support

- Assist and learn skills related to lifeguarding.

Ages 16+: Become a Certified Lifeguard

- Train to ensure beach safety and join the team.
- Full training provided and open to all.

Particularly seeking applicants aged 25–35, but all 16+ are encouraged to apply.

RECRUITING.SEAFORDLIFEGUARDS@GMAIL.COM

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