

WHAT YOU NEED TO KNOW TO SWIM SAFELY

EMERGENCY NUMBERS 112 - 18 - 15

112

European emergency call number, which can be dialled free of charge from any mobile or home number. 112 puts you directly in contact with the emergency department concerned

Many people will be enjoying the beautiful Girondine coastline this summer. However there are some dangers you should be aware of before you hit the beach.

Due to strong currents (know as *baines*) and unusually strong waves, swimming can sometimes be a hazardous activity.

THIS LEAFLET PROVIDES USEFUL INFORMATION AND GUIDANCE ON ENJOYING THE BEACH SAFELY. SO BEFORE YOU TAKE A DIP, TAKE THE TIME TO READ OUR ADVICE.

Swimming can sometimes be a dangerous activity mostly because of *baines* or *strong shore waves*.

Conditions can change quickly so check weather reports regularly and look out for warning flags on the beach.



A map of the coastline Lifeguard posts is available on:

<http://plages-nsi.com>

Check that your beach is under surveillance or being monitored.



La plaquette est consultable sur le site des services de l'État



You can refer to the leaflet on the Prefecture website



Se puede consultar el folleto en el sitio web de la Prefectura



Das Faltblatt kann auf der Internetseite der Präfektur eingesehen werden

www.gironde.gouv.fr



@PrefAquitaine33



@PrefetNouvelleAquitaine33

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Plaquette rédigée en collaboration avec le SAMU 33 chargé de la régulation des plages

BEACH SAFETY ADVICE

BE SURE
ON THE SHORE

SWIMMING
SAFELY
ALONG THE
GIRONDINE
COASTLINE



Préfecture de la Gironde
www.gironde.gouv.fr

WHAT IS A BAÏNE ?

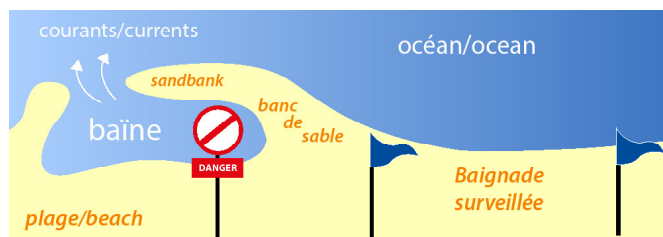
A baïne is a formation of water created by the movement of the tides. In the local dialect, it means "basin, bowl of water". They can be found all along the Atlantic coast.



A baïne appears at low tide. You can see these "basins" of fine sand on the shore at low tide. Swimmers are attracted to these "basins" as the water appears calmer than elsewhere.

But at low tide, when the sea level drops, the water flows out of these basins very suddenly, creating a strong current known as a baïne current that pulls swimmers towards the open sea. Once caught in the current, it can be very difficult to get out and there is a high risk of drowning.

This phenomenon occurs at a precise moment with each tide, depending on the swell or the tidal range. The higher the waves or the tidal range, the more dangerous the baïnes.



WHAT TO DO IF YOU ARE CAUGHT IN A BAÏNE ?

Be well prepared ...

- Baïnes are at their most dangerous during the first three hours of the incoming tide and the last three hours of the outgoing tide ;
- The best way to avoid difficulty is to be aware of where the baïnes are during the tidal wave. You can then avoid them altogether ;

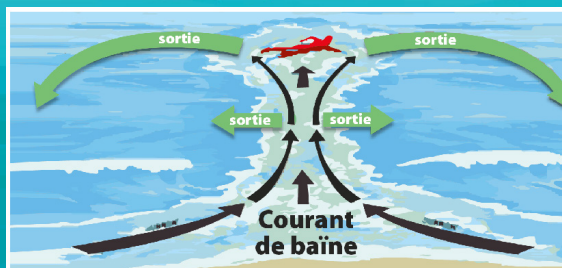
To find this out, you can check the information boards at the entrance to the First Aid Posts.

If you are caught in a baïne ...

- Try not to panic ;
- Above all, don't fight against the current. Let it carry you away even if that means drifting for a while ;
- Draw attention to yourself whilst drifting, by waving your arms. Wait for help ;
- I Wait for a lull in the current and then try to swim out of the danger area (see diagram).

Strong Currents (as a general rule):

- Do not try to swim back to your starting point ;
- Even if you are carried 300m further out you will be safe.



Please make sure you find out
about the tidal currents

HOW TO STAY SAFE IN THE WAVES ?

Waves can be great fun but the big ones can be powerful enough to injure if precautions are not taken.

ADVICE TO AVOID ACCIDENTS

On arrival at your destination,
find out about the bathing areas and check if they
are supervised, dangerous or even forbidden.

DRAPEAUX DE BAINADE		
Baignade surveillée absence de danger particulier	Baignade dangereuse mais surveillée	Interdiction de se baigner

- Always cross the wave by diving through it ;
- Stand sideways when the wave breaks or is at its peak ;
- Be careful of a series of waves which can draw you downwards ;
- Finally, to stay safe, only swim in the supervised areas where there are trained swimming instructors.

