

# Absafe Community Safety Bulletin

August 25<sup>th</sup> 2016

## Absafe Bulletin



Last weekend was a tragic reminder of dangers linked to the sea. Following the heart-breaking deaths of two people at Aberdeen Beach, we wanted to give you some information to help you keep your family safe.

The RNLI has some helpful hints and tips that will help you stay safe at the seaside.

### Swim at a beach patrolled by lifeguards

You are far less likely to drown on a lifeguarded beach, plus first aid and other assistance is immediately available from RNLI lifeguards.

Find the red-and-yellow flags and always stay within these zones. This is the safest part of the beach, because it's where the lifeguards patrol. Not all beaches have lifeguards. To find beaches where there are lifeguards on duty during the summer months, use the [search facility on the Good Beach Guide website](#).

### Look for information and follow advice

Find out about the beach before you go there, and check the weather and tide times. Ask at the local tourist information office or use the [Good Beach Guide](#) to find out about facilities at more than 500 beaches around the UK.

Never swim alone. If you get into trouble in the sea, stick your hand in the air and shout for help.

If you see someone else in trouble, tell a lifeguard. If you can't see a lifeguard, call 999 or 112 and ask for the coastguard.

Never use inflatables in strong winds or rough seas. Even a slight breeze offshore can sweep you out to sea very quickly.

When there is little or no wind, only use inflatables between the red-and-yellow flags, and make sure children are closely supervised.

### Don't go into the sea after drinking alcohol

Alcohol slows your reactions and can impair your ability to judge distances.

### Know your flags

On beaches patrolled by lifeguards, different flags tell you where it's safest to swim and



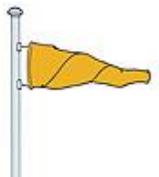
which areas are designated for watersports.



The area between the red-and-yellow flags is patrolled by lifeguards. This is the safest place to swim, bodyboard and use inflatables.



The area between black-and-white chequered flags is a designated area for watersports such as surfing and kayaking. Never swim or bodyboard here.



The orange windsock means there are offshore winds. Never use an inflatable when you see the sock flying, as the wind could push you offshore very quickly.



The red flag indicates that it is dangerous to swim or get in the water. Never go in the water when the red flag is flying.

### Rip Currents

Rips are strong currents that can quickly take swimmers from shallow water to water beyond their depth.

Signs of a rip include: discoloured, brown water (caused by sand being stirred up from the seabed), foam on the water's surface and debris floating out to sea.

If you're caught in a rip, the RNLI's advice is:

- Stay calm
- If you can stand, wade. Don't swim
- Keep hold of your board or inflatable to help you float
- Raise your hand and shout for help
- Never try to swim directly against the rip or you'll get exhausted
- Swim parallel to the beach until free of the rip, then make for shore.

### Tides

The tide can come in surprisingly quickly. Many lifeboat and lifeguard rescues involve people being stranded by the tide. Find out about the tides from the local tourist

information office or from [BBC Weather's tide tables](#).

When you're on the beach, keep a lookout for the tide's direction and be aware of how fast the water's coming in, especially if you're playing in rock pools.

### Waves

Watch out for waves, especially if you have small children. Even a small wave can knock a child over. Dumping waves are particularly dangerous. These waves break with



great force in shallow water and occur during low tide.

### Tombstoning

Many people have been seriously hurt or killed by tombstoning. This involves jumping from a height into water, and is dangerous for several reasons:

- The water depth changes with the tide and the water may be more shallow than you think
- Rocks or other submerged objects may not be visible
- The water may be cold and the shock could make it difficult to swim
- There can be strong currents that could sweep you away.

Read about tombstoning and watch two short films about [the dangers of tombstoning on the RNLI website](#).

## WHAT'S ON AT ABSAFE

### Absafe Picks Up Queen's Award

In a ceremony held this week at The Safe, Absafe was presented with the prestigious Queen's Award by Lord Provost of Aberdeen George Adam. The Queen's Award for Voluntary Service is the highest award given to local volunteer groups across the UK to recognise outstanding work in their communities. The awards were created in 2002 to celebrate the Queen's Golden Jubilee and winners are announced each year on 2 June - the anniversary of the Queen's Coronation.

Absafe also presented volunteer Ann Miller with a special award for her dedication and commitment to our cause. Thanks a million Ann!



### Why Don't You Volunteer for an Award-Winning Charity?

With a busy calendar ahead of us, we need some volunteer support to help us provide our

fun and engaging services. If you can spare some time to save lives, please contact us on [volunteers@absafe.org.uk](mailto:volunteers@absafe.org.uk)

### Upcoming Events

We're out and about in the local community, spreading the word about the great work we do every day. As part of our efforts, we're hosting some fundraising events in the coming weeks and we'd love to see you there.

Dust down your dancing shoes for our **Grease Movie Night** on Friday 2 September at the Garage nightclub. We'll be screening the iconic musical, as well as providing stalls, popcorn and even Buff Butlers as well as free entry to the club to carry on the party after. Don't miss out on a great evening's entertainment; purchase your tickets (£12 per person) by contacting [Victoria@absafe.org.uk](mailto:Victoria@absafe.org.uk) today.

For a truly VIP experience, tickets cost £20 with all of the above, as well as cocktail making, priority seating and discounts at shopping and pamper area.

Our **Superheroes & Princesses Tea Party** is being held at the Mercure Caledonian on Sunday 25 September. Treat your mini Spiderman or Cinderella to an Afternoon Tea, with cakes, sandwiches and scones, as well as a meet and greet session with their favourite superhero or princess.

Tickets cost £14.00 for adults, and £8.50 for children. Contact our Fundraising Manager Victoria today for more information.

**Noteworthy Incidents:**

Police Scotland has provided the following list of incidents which have occurred in your area this week as a snapshot of the current crime trends. All incidents are not recorded below, either for legal reasons or where there are issues of sensitivity. The statistics below should not be seen as an accurate reflection of all crime in your area but as a way of raising your awareness to crime in general. This in turn should allow you to take the appropriate safety/security steps to prevent yourself from being a victim of crime.

<b>NORTH</b>				
TIME PERIOD		LOCATION	CRIME TYPE	INFORMATION
<b>SEATON</b>				
12/08/16	13/08/16	Urquhart Street	Theft by OLP from a motor vehicle	By unknown means break rear offside window in parked car and steal from within
<b>SOUTH</b>				
<b>TORRY</b>				
15/08/16	16/08/16	Tullos Place	Theft from a motor vehicle	Enter unsecure vehicle stealing items from same
17/08/16	17/08/16	Balnagask Circle	Theft	Did take two unsecure pedal cycles from communal hallway
<b>NIGG</b>				
16/08/16	17/08/16	Shieldhill Gardens	Theft from a motor vehicle	Entered unsecure vehicle and steal sunglasses from within.
16/08/16	17/08/16	Colsea Road	Theft from a motor vehicle	Enter motor vehicle by unknown means and steal coffee mug containing cash from the glovebox area
<b>HAZELHEAD</b>				
15/08/16	16/08/16	Woodend Place	Theft by HB (domestic property)	Did open a window climb through and steal car keys and then take a car from the drive.
<b>WEST END</b>				
15/08/16	16/08/16	Murray Terrace	Theft from a motor vehicle	Enter insecure vehicle stealing items from same
17/08/16	18/08/16	Stanley Street	Theft of motor vehicle	Remove cover and cut through bike lock and steal motorcycle

**Key:** HB - House Breaking  
HBWI - House Breaking with Intent

OLP - Open Lockfast Place  
OLPWI - Open Lockfast Place with Intent

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