

BATHING SEASON

ENJOY THE BEACH SAFELY

GENERAL SAFETY RULES

- Respect the flags and the lifeguards' instructions.
- Always keep an eye on your children and from a close distance.
- Always try to bathe or swim accompanied by other people.
- Always swim parallel to the beach and don't stray too far away.
- Never jump into the water except in a guarded area and specifically designed for that purpose.
- Respect a 3-hour break after a normal meal before bathing.
- Animals are not allowed on the beach.

RECOMMENDATIONS

- Favour guarded beaches. In Cascais, the Bafureira, Santa Marta and Abano beaches are not for bathing.
- Avoid thermal shock by getting wet to cool down frequently.
- Prevent dehydration and hypoglycaemia by eating fruit, non-alcoholic beverages, and light snacks.
- Never bathe/swim under the effect (or hangover) of drugs or alcohol.
- Consult your doctor about the specific precautions to take in case of chronic illness, convalescence from an accident or recent disease and taking medication.



SWIM
Bathe at your leisure, respecting safety rules.



CAUTION
Swimming ban.



DANGER
Bathing ban.



Delimitation of the safest area for bathing.



Beach temporarily unsupervised.

CODE OF CONDUCT AT THE BEACH



Do not take animals to the beach, except assistance dogs, according to the artº 1º, nº3 of Decree-Law nº74/2007, of March 27.



Only practise sports in the designated areas. Do not disturb or endanger your life and the lives of others.



Cooperate in the protection and conservation of dunes and their vegetation. Only use properly marked access paths



Do not take glass objects to the beach.



Keep the beach clean, put solid waste in the appropriate containers.



After long periods of exposure to the sun, do not suddenly enter the water.



Do not throw cigarettes to the ground or sand.



Keep beach accesses free. Park only in appropriate locations.



Wear sunscreen and sunglasses. Avoid exposure to the sun in peak hours.



Preserve natural sounds. Avoid noise.



Keep a safe distance from the cliffs.



Protect your health. Avoid bathing during digestion period.

USEFUL CONTACTS

Firefighters

+351 214 659 090

PSP

+351 214 839 100

Public Coast Guard

+351 918 498 043

Municipal Police

+351 214 815 611

ACES Cascais

+351 214 643 752

Cascais Town Hall/
Cascais Environment
800 203 186

European Blue Flag Association

+351 213 942 740

NATIONAL EMERGENCY SERVICES NUMBER

112

Call to national fixed network

Did you know that poor risk assessment and sudden illness are at the root of the vast majority of serious bathing accidents?