



PAVILLON BLEU

Le label de tourisme durable pour  
les plages et les ports de plaisance

[pavillonbleu.org](http://pavillonbleu.org)



## SECURITY ADVICES TO ENJOY YOUR HOLIDAYS, NATURE AND ENVIRONMENT

### Think about safety

- Take lifesaving warnings and advice seriously.
- At the beach, respect the rules, respect bathing zone.
- Learn where to find help, lifeguards and lifesaving equipment.
- Know the place where you are bathing, check on currents and rips.
- Check the weather conditions and the temperature before going into the water.
- If you see someone in danger, seek help.

### Think about yourself

- Avoid large meals before bathing and shower if possible before you get into the water and.
- Do not bathe alone and never go far from the shore.
- Do not bathe if you are cold or tired.
- Drink water regularly.
- Avoid long sun exposure and protect your skin and eyes.

### Think about others

- Watch children carefully.
- Respect the tranquillity of yours neighbours.
- Do not throw waste or cigarettes on the beach, especially dangerous items.

### Think about nature

- Help to protect the environment and respect natural spaces.
- Do not walk on natural spaces.
- Do not disturb the animals.
- Do not light a fire.
- Do let your litter out in the nature and carry it back to some appropriate bin.
- Advise the authorities of any pollution or danger for the environment you see.



S.A.M.U : 15  
Police : 17  
Pompiers : 18



Le Pavillon Bleu est un programme de l'association Teragir  
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