

The most important rules in brief

More things are allowed **in winter** (1 October to 1 May) than **in summer** (1 May to 1 October). Furthermore, the beach is divided into zones: activity beaches, sunbathing beaches and a naturist beach. These zones are indicated on the beach itself by the colour of the beach post:

- Orange:** activities beach
- Yellow:** sunbathing beach
- Pink:** naturist beach

You can thus find out exactly what is permitted where, allowing you to enjoy your holiday or day out to the full.

Motor vehicles

Summer: permit holders may drive on the beach before 10am and after 6pm.

Winter: permit holders may drive on the beach throughout the day, with the exception of Sundays and bank holidays, when this is permitted before 10am and after 6pm only.

Non-motorised vehicles

(for example **sandyachts, blokarts, sulkies**)

Summer: non-motorised vehicles are not permitted anywhere during the summer period.

Winter: non-motorised vehicles are permitted only on the activities beach.

Cycling

Summer: permitted only before 10am and after 7pm

Winter: permitted throughout the day

Motor vessels

Motor vessels, including water scooters and jet skis, may not be launched into the sea from the beach without a permit. Neither are they permitted in the strip of sea adjoining the beach, within a distance of 300 m from the shore.

Non-motorised vessels

Summer: on the activities beach only

Winter: permitted everywhere

Canoeing, kite flying and hang gliding

Summer: on the activities beaches only

Winter: permitted everywhere

Group sport and games

Summer: on the activities beaches only

Winter: permitted everywhere

Fishing

Summer: fishing is permitted on the activities beaches with mobile fishing equipment only.

Winter: fishing with mobile fishing equipment is permitted everywhere. Fishing with fixed fishing equipment is permitted if carried out by a fishing vessel that is registered in the fishing register.

Dogs

Summer: dogs on a lead are permitted at all times on the activities beaches, and on the other beaches before 10am and after 7pm.

Summer: dogs off the lead are permitted everywhere before 10am and after 7pm.

Winter: dogs off the lead are permitted everywhere.

Horses

Summer: horses are permitted on the activities beaches at all times, and on the other beaches before 10am and after 7pm.

Winter: horses are permitted everywhere, except on Sundays and bank holidays between 12 noon and 7pm.

Camperduin

The lagoon is especially attractive to families with young children in the summer. Speed sports are therefore not permitted in the lagoon from 1 May to 1 October.

Safety at the beach with small children

One of the most common situations at the beach is unfortunately one of the most stressful: Parents, grandparents or guardians losing sight of their small children.

It's not always clear who's more upset either: the child or the adults looking for them. Fortunately, there are a few tips for ensuring a safe day at the beach with small children.

- 01 Always keep an eye on children, both in the water and on the beach. Stay within an arm's reach of small children when in the water.
- 02 Give your child an armband with their name and your mobile phone number.

- 03 Carry your mobile phone with you at all times, and make sure it is fully charged.

- 04 Designate an easy-to-recognise point to go to when your child gets lost, like a beach cafe or meeting post with a recognisable sign.

- 05 If you do lose sight of your child, warn the lifeguards immediately, notify a beach cafe and start searching. Lost children usually walk in the direction with the sun at their backs. Girls with long hair often walk into the wind.

- 06 When you find your child again, don't get angry at them; be happy to see them again and tell the lifeguards and beach cafe that the child is safe.

 **REDDINGSBRIGADE**



Gemeente Bergen NH
Jan Ligthartstraat 4
1817 MR ALKMAAR

T 072 888 00 00
info@bergen-nh.nl
www.bergen-nh.nl

Reddingsbrigade Bergen
T 072 589 74 59

www.reddingsbrigade-bergen.nl

Reddingsbrigade Egmond
T 072 506 18 87 / 072 506 33 12
www.reddingsbrigade-egmond.nl

Reddingsbrigade Schoorl
T 072 509 16 43
www.schoorlse-reddingsbrigade.nl



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Enjoy the beach safely



Enjoying the beach and the water? Here are some lifeguard tips!

- 01 Please only swim on places where it is allowed and safe, and where lifeguards are on duty.
- 02 Make sure you are fit and healthy enough to swim and enjoy the water sports. And do not forget to put sun screen on!
- 03 Never swim alone. Even the most experienced swimmer can get in trouble! (e.g. cramp)
- 04 Are you not able to swim? Do not enter the water any deeper then knee high.
- 05 Don not swim near rip currents (= a strong current moving away from the shore).
- 06 Alcohol and swimming do not mix! This can be extremely dangerous.
- 07 Don't use floatation devices during offshore winds.
- 08 Dig no deep holes on the beach in the sand. Risk of collapse and suffocation.
- 09 Keep to the designated areas for practising water sport.
- 10 Do not jump of bridges, piers or any constructions which are not designed for diving of jumping of in to the water.
- 11 Always keep an eye on your children, as well as in the water as on the beach. Stay at arm length distance of them when they are in the water.

Flags and signals, what should I pay attention to?

 **The yellow flag**
It is dangerous to swim or bath. This is mostly because of the weather conditions. Floatation devices are not allowed.

 **The flag with a question mark**
A lost child has been found.

 **The red flag**
It is forbidden to swim or bath.

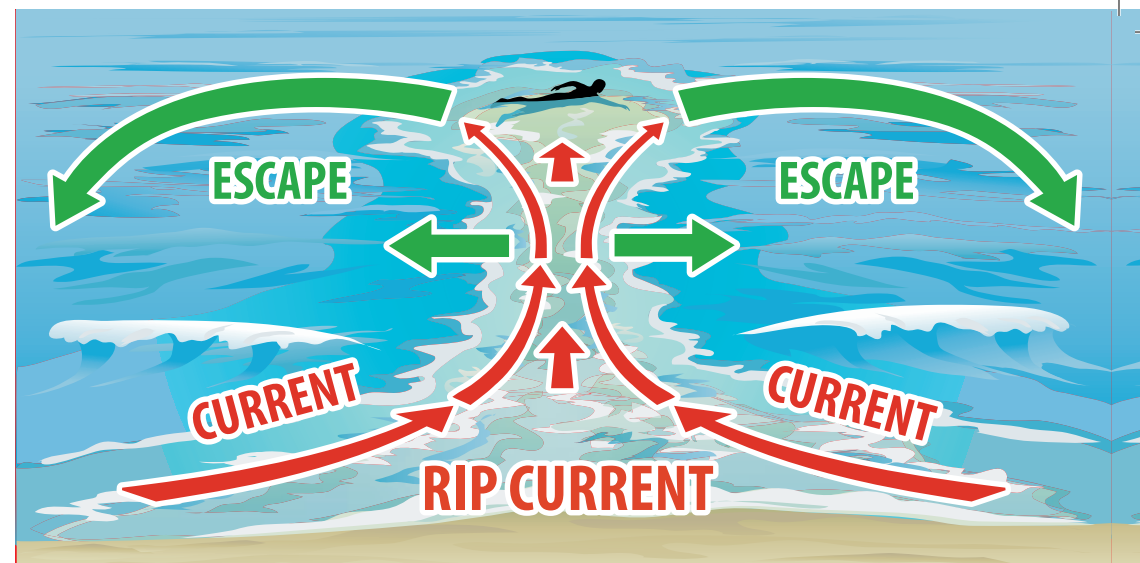
 **Red/yellow flag**
The area between these flags is a guarded bathing area. Life-guards watch over these zones. Water sports are not allowed in these areas.

 **Black/white chequered flags**
In the area between these flags water sports are allowed.



Warning signs:
Pay attention to the warning signs along the water. They indicate places with strong dangerous currents. Do not enter the water, swim or bath in these areas.

PLEASE FOLLOW THE INSTRUCTIONS AND ADVICE GIVEN BY THE LIFEGUARDS.



The sea isn't a swimming pool!

The dangers of a rip current

- A rip current is a very strong current moving out to sea.
- Rip currents occur between sandbanks.
- Rip currents are very difficult to see.
- Rip currents can develop at several places along the coast.

Prevent drowning!

- Never swim against the direction of a rip current.
- Call for help immediately, and wave both arms to attract attention.
- Let yourself be carried by the current.
- When the current slows down, swim to the left or right parallel to the coast.

If you see someone struggling in the water
Notify emergency services immediately by calling 112, and do not enter the water to try to rescue them yourself without rescue equipment. Do not lose sight of the person!!

Come to the beach prepared!
If every second counts, call 112

