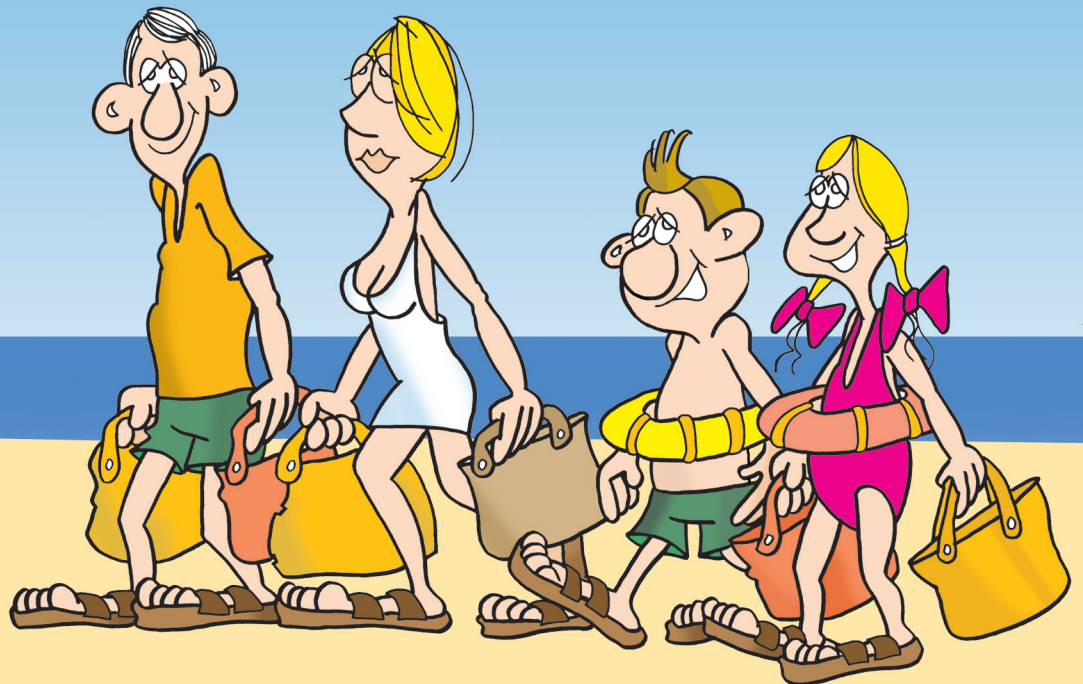


CYPRUS TOURISM ORGANISATION EDITION

CYPRUS

Lets GO to the Beach



# USEFUL INFORMATION

## CYPRUS TOURISM ORGANISATION

P.O.Box 24535, CY1390, Nicosia, Cyprus

**Tel:** 22-691100 / **Fax:** 22-334696

**E-mail:** [cytour@visitcyprus.com](mailto:cytour@visitcyprus.com)

**Web-site:** [www.visitcyprus.com](http://www.visitcyprus.com)

**EMERGENCIES** (pan-European tel.no ) dial: **112**

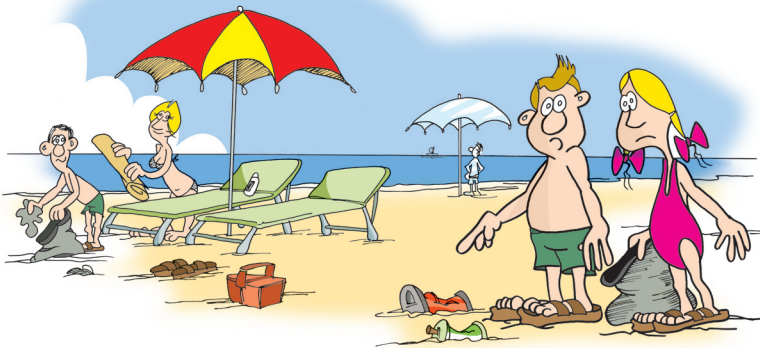
**SEARCH & RESCUE COORDINATION CENTRE DIAL: 1441**

Your Notes: .....

.....

# ON THE BEACH

- Umbrellas, sunbeds and other obstructions may NOT be placed less than three (3) metres from the water. This is the access and lifesaving corridor.
- Vehicles on the beach are strictly prohibited.
- Dogs and other animals are strictly prohibited on the beach except in specially designated well sign-posted Dog-Beaches.
- Take heed of warning signs and notices.
- **Do not litter! Please keep the beach clean. If necessary use your own garbage bag.**

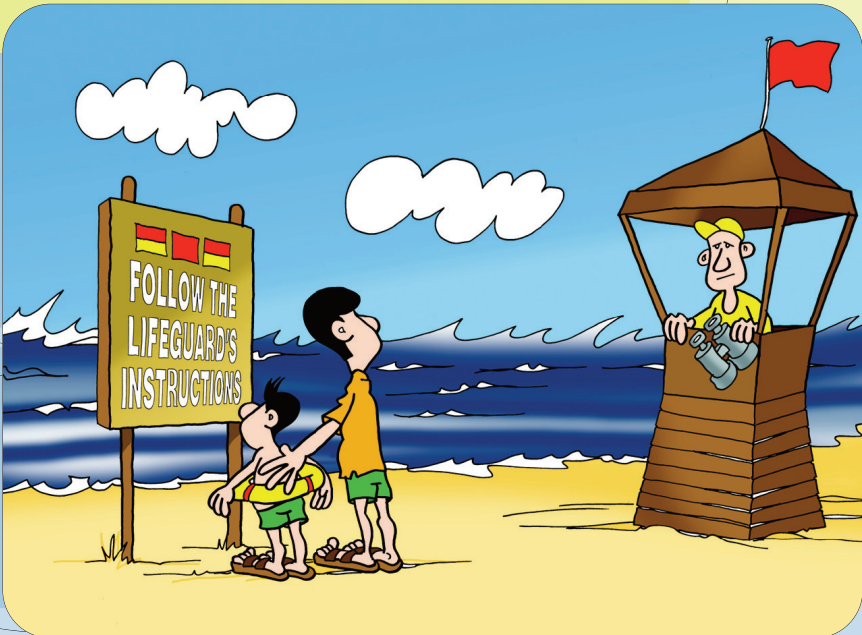


# ... ON THE BEACH

- Beach games are strictly prohibited on crowded beaches. Beach games are only allowed in specially designated and well sign-posted areas.
- Causing annoyance to others and obnoxious behaviour on the beach is strictly prohibited.
- **Avoid bathing in secluded remote coves, near rocks and generally in areas without lifeguards or without local knowledge.**
- **Bathe only in protected areas with an operating lifeguard unit marked by the proper flags (Red over Yellow horizontal stripes).**



- Please feel free to ask the lifeguard on duty for swimming conditions and your safety.
- In some beaches there are special sea-going wheel chairs for persons with disabilities. These special wheel chairs are offered free of charge under the attention of the lifeguards. Please ask the lifeguard on duty for more details.
- Find hotel reception or information desk or the lifeguard on duty, the Marine Police or from knowledgeable local people.
- **Never swim when a RED flag is flying. Swim with great caution if a YELLOW flag is hoisted.**

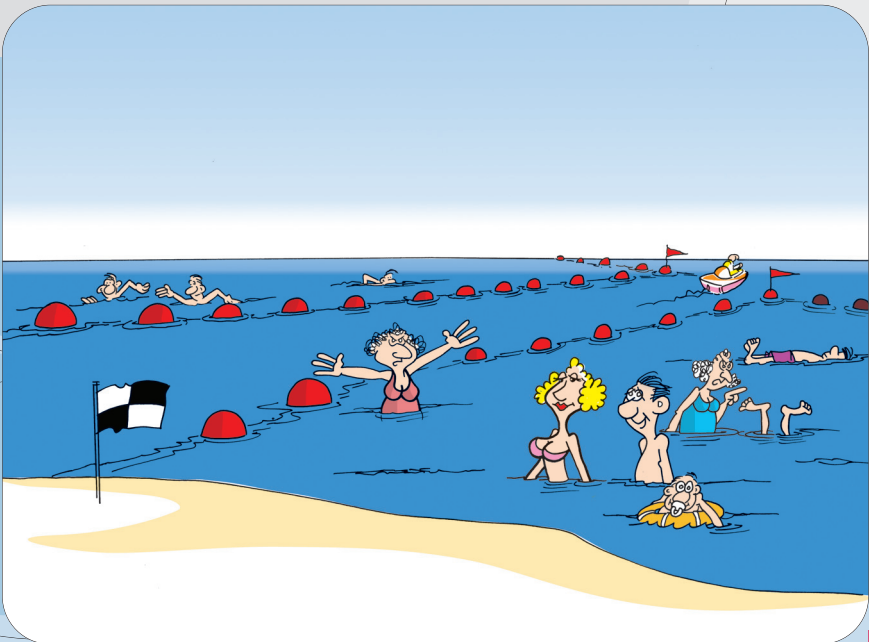


# IN THE SEA

- Always try to swim with able company.
- Do not eat heavily before swimming and do not swim immediately after meal. **NEVER drink alcoholic drinks before swimming.**
- Do not bathe alone and avoid swimming in the dark.
- **Swim parallel and near to the beach shoreline.**
- Avoid being knocked or submerged by heavy surfbrakers.
- Always get to know the sea area you are going to use, well in advance. Obtain locally and comprehend details on: the prevailing wind, wave, sea temperature and current direction and magnitude.

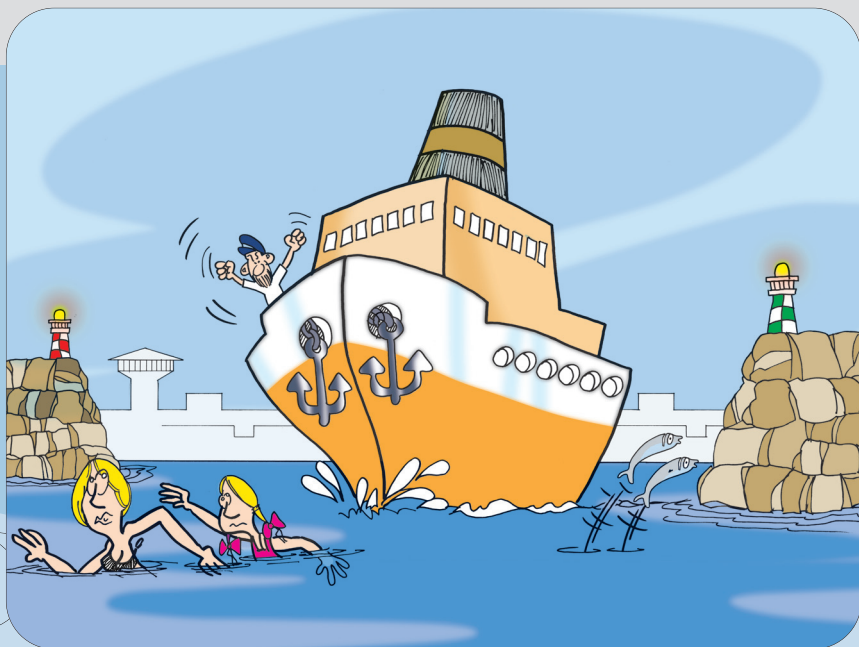


- It is strictly prohibited to navigate boats in the buoy-marked corridors with a speed greater than the speed of a good swimmer using fins or above 3 knots (5,5 kilometres per hour).
- **Avoid swimming at the entrance and inside boat corridors marked with smaller red-orange colour buoys vertically to the coastline.**
- Always avoid swimming in boat-corridors which usually «separate» the designated «swimmers protected areas» (red-buoys). You may very quickly-with extreme caution cross boat corridors, only if you have to, AND only when there is no vessel movement, provided that you have full control and responsibility of the actual thoroughfare.



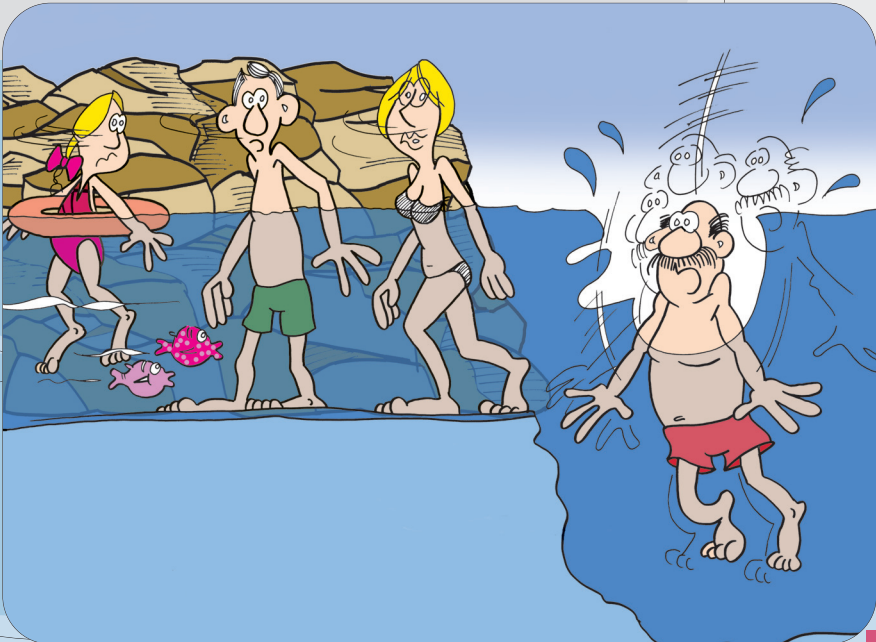
# ... IN THE SEA

- Report in writing offenders by using boat-registration number e.g **LL 12750** or the car number plates (if using a trailer), the exact observation time and date, the exact location and a brief description of the incident. Hand your report to the lifeguard on duty or the nearest Police Station.
- Avoid seabed discrepancies, holes or soft mud.
- **Keep well clear of powered or any other boats when swimming.**
- **Swimming or diving in the vicinity of Port, Marina or Fishing Shelter entrances is strictly prohibited.**



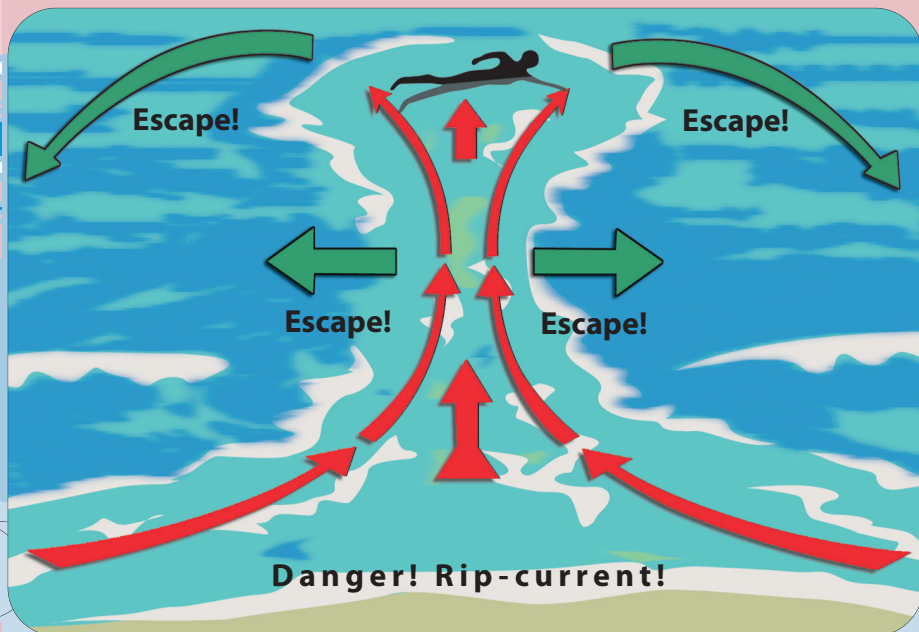


- Please avoid swimming too close to the external, windward-side of the parallel anti-erosion breakwaters. Rocks are sharp and steep!
- Rescue and Emergency Tel. Number = 199 or dial the Pan European Emergency Number 112. For the Rescue Coordination Centre call = 1441.
- **Be extra careful when swimming near the ends of parallel to the beach breakwaters. ATTENTION! There are noticeable sea currents and sudden seabed deepening on both ends of a breakwater.**



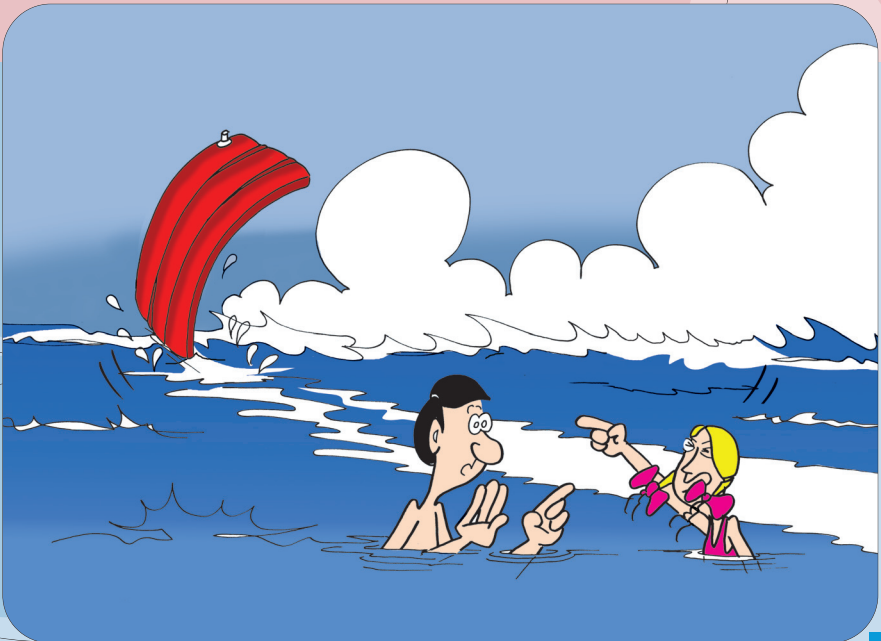
# IF YOU GET INTO DIFFICULTIES

- Do not swim beyond waist depth when there is a strong sea current, swell or running seas. The sudden surging mass of water swiping to shore and returning seawards can take off balance, both non-swimmers and good swimmers and take them quickly out in the open sea, preventing their immediate return (rip-current). When you see big waves breaking on a beach particularly on the West of the island (Pafos region) which is directly exposed to the summer-time prevailing Westerlies **DO NOT SWIM!** This is a major general danger on surf coasts.
- Avoid struggling against sea-current and waves. Keep cool! **DO NOT PANIC!** If you are carried away by a strong surface current swim diagonally across the current or float and swim with it, gradually approaching the nearest beach at a suitable angle. Increase your buoyancy by keeping your lungs filled up with air. Inhale deeply and exhale shortly. Keep your lungs over-distended. Avoid shouting. This will empty air from your lungs, decrease your buoyancy and subsequently sink you below the surface. Lay back and calmly backstroke, parallel to the beach on a gradual land approach.



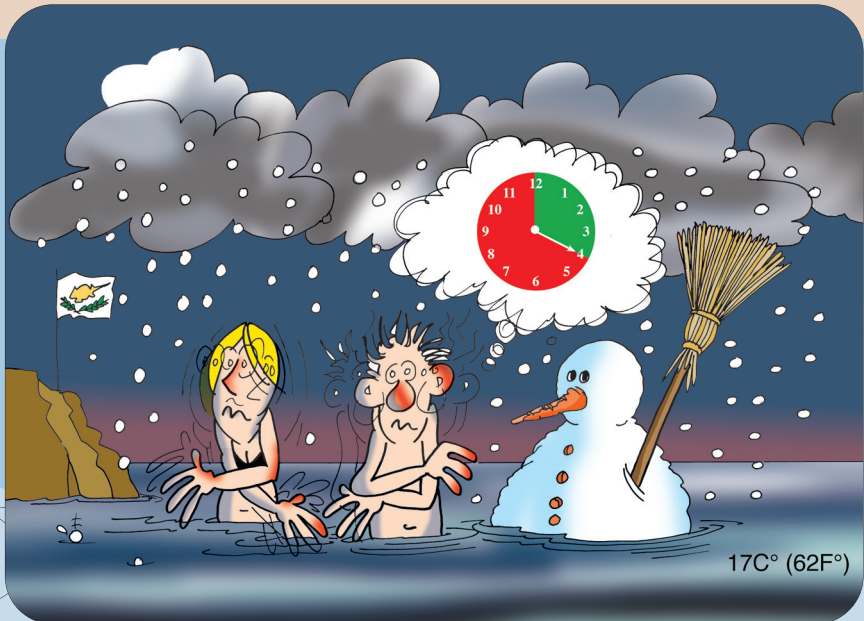
# BE AWARE OF THE UNEXPECTED

- Ensure that the flotation devices used by small children are well secured by a line which is under your control.
- **Do NOT run after a beach ball or sea mattress blown by the strong wind.**



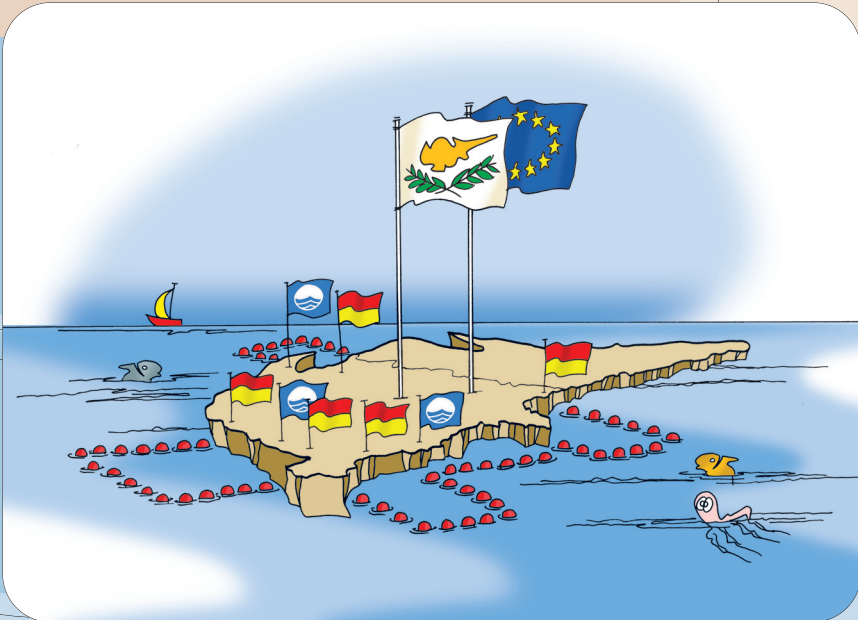
# BE AWARE OF THE UNEXPECTED

- **Do not stay too long in the cold water during wintertime. 16 to 17 °C is still quite cold. Please remember human life is in danger of hypothermia when body core temperature falls to 35 °C!**
- The coastal waters of Cyprus are probably the best in world as they are clean, free from dangerous marine life and warm (25-30 °C) even in winter time (minimum 17 °C). Please enjoy our sea by respecting the environment and observing the above simple safety rules and practices.



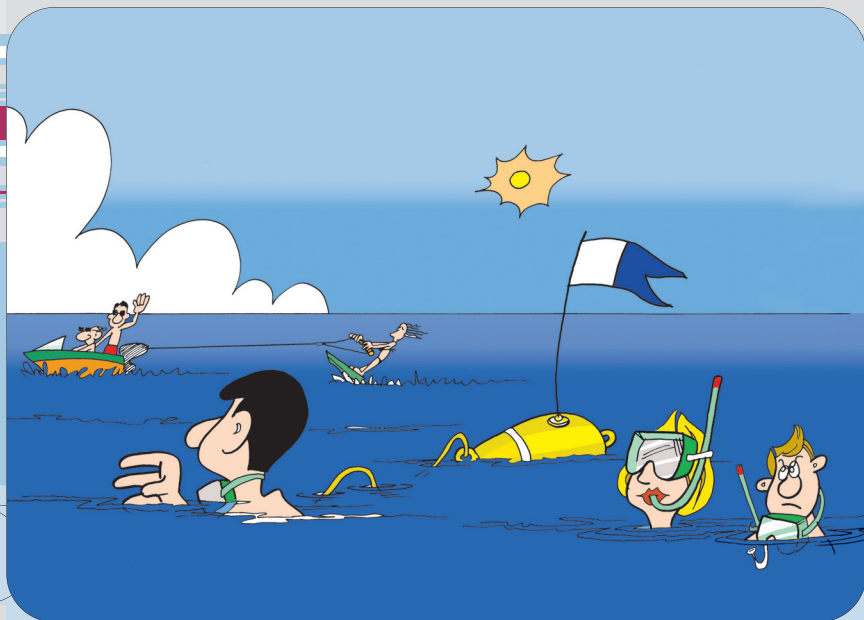
# SNORKELERS & DIVERS

- The Republic of Cyprus and the European Union have only 300 kilometers of coastline, under their jurisdiction on the island. (the rest 400 kilometers are under the control of the Turkish invading army since 1974). Always assume that this, comparatively small coastline, is frequently used by all kinds of boats and «run-abouts» and always make sure your presence in the water, is obvious to them.
- Request information regarding probable legal prohibitions and other local regulatory provisions (strictly prohibited to remove antiquities, prohibited to swim 200 metres near port entrances and ship and boating routes, prohibited to be near firing practice ranges, etc).



# SNORKELERS & DIVERS

- Always use proper and well maintained diving and snorkeling gear. Always tape your snorkel-top with phosphorescent red tape.
- It is absolutely imperative that when people are engaged in any relevant form of coastal sea activity, like swimming, diving, e.t.c, outside the marked swimmers areas must at all times, take every possible measure so they make their presence thoroughly conspicuous to vessels navigating in the area.
- It is imperative that when people are engaged in any relevant form of coastal sea activity, outside the designated swimmers areas, must at all times carry with them a suitable, conspicuous, floating warning device of an approximate length not less than 50 centimeters and an approximate beam or diameter not less than 30 centimeters with a miniature upright-ballasted waterproof flag visible under normal weather conditions from a distance of at least 200 meters. This miniature flag must be either the international maritime alphabet code flag «A» or the all-Red rectangular flag with a white “mast-head” diagonal white stripe. (By International maritime terminology: «I have a Diver below; Keep well clear at slow speed»). Any other small floating device which may make human presence on the sea surface more conspicuous than the above, may be used.



- When people are engaged in any relevant form of coastal sea activity, outside the designated swimmers areas are strongly advised to do so in teams or at least in pairs so co-assistance may be offered if needed and to make their presence more conspicuous to vessels navigating in the area. Snorkelers must try to dive in turns so one will be diving whilst the other shall monitor the safety of his or her companion from surface craft and other dangers.

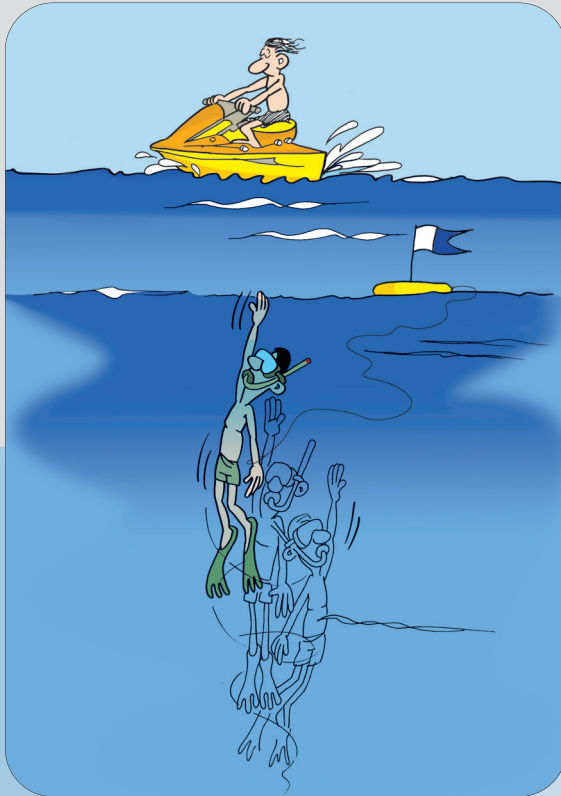
# SNORKELERS & DIVERS

- Always quickly swim away from a boat's course and avoid areas frequently used by boats. If necessary use your arms and feet-splashing, etc, in making sure that skippers of approaching vessels have spotted you and changed course.
- When people are obliged to be engaging in swimming, diving or any relevant form of coastal sea activity, AT NIGHT TIME, must always be accompanied by a support vessel carrying the necessary navigation lights as imposed by the International COLREGS.
- Swimmers, Snorkelers or SCUBA divers must NEVER pick up anything from the sea except plastic bags and other similar human litter. Cyprus coastline has been navigated probably since 10.000 years B.C. either by pigmy elephants or ancient humans! The entire coastline is an underwater museum and removing any antiquities is strictly prohibited.





- Snorkel, S.C.U.B.A or any kind of divers, during ascent must always be immensely vigilant and approach the surface in a careful «spiral fashion», looking up and protecting their head with one hand up, especially if they hear engine noise. Always aim to break the surface next-to or very close to the towed floating warning marker buoy or surface diving vessel.



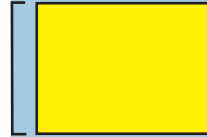
**Your Life is indeed  
Our Life as well!**

# International Life Saving Federation

Lifeguards on Duty!  
Recommended boundary flags =  
Swimming Area with Lifeguard  
supervision (normally 2 flags 200  
metres apart).



Medium Hazard.  
Swim with caution.



High Hazard.  
Suggest you come out!



Marine Pests Present (jelly fish).  
Swim with mask and caution.  
Suggest you come out!



Absolutely No Swimming!  
Come out of the Water Immediately.  
Sea Closed for the Public!

\* **Two red flags one under  
the other**



Boat Corridor!  
Non-powered Boats have priority!  
Cross quickly and with great caution!

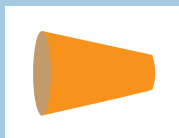


INTERNATIONAL LIFE SAVING EUROPE (ILSE)-FLAGS

Any Water craft strictly prohibited.  
In Cyprus: Same as All areas with  
Red Buoys.



An orange colour wind-sock on the  
mast = Offshore Winds DO NOT use  
Lillos, and children's inflatables



Emergency Evaluation!  
Come out of water!



The Blue Flag is a voluntary  
eco-label awarded to over 56  
beaches in Cyprus, 4000 beaches  
and marinas in 49 countries across  
Europe, South Africa, Morocco,  
Tunisia, New Zealand, Canada and  
the Caribbean.



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