

# WE ARE HERE TO HELP YOU

Surf Life Saving Central Coast is the leading Water Safety provider on the Central Coast. With 15 surf clubs containing over 8,000 members, over 500 lives are saved each year.

On the Central Coast we are fortunate to have 15 patrolled locations, across 66km of coastline. Our volunteer lifesavers are trained to identify silent hazards and provide visitors with a safe place to swim.

When you visit the beach, please come say hello to your local lifesavers.



*If we can't see you,  
We can't save you*

## MORE INFORMATION

Scan the QR Code

to visit [beachsafe.org.au](https://beachsafe.org.au)

In an emergency call 000



# SPOON BAY

Spoon Bay is located north of Wamberal Beach. The bay can only be accessed on foot from a car park at the north end, or by walking the beach from Wamberal SLSC. The bay has two breaks, an outer rocky reef and powerful shore break. While the reef appear to provide a protective barrier from the ocean, three prominent permanent rips take the water back out to sea and have caused many fatalities over the years.

The naturally formed rock pool at the northern end of the beach is very dangerous. As large waves wash across the reef into the pool the water suddenly drains out into deep water. The majority of fatalities in recent years have occurred in this spot.

### Closest patrol areas

- Wamberal SLSC - 2km south
- Terrigal SLSC - 5km south



## HOW DANGEROUS IS IT

- RISK FACTOR #1 UNPATROLLED BEACH**
- RISK FACTOR #2 REMOTE LOCATION**
- RISK FACTOR #3 ROCK POOL UNSAFE**
- RISK FACTOR #4 MULTIPLE RIP CURRENTS**

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# STAYING SAFE



The safest place to swim is at a patrolled beach where trained lifesavers and lifeguards are able to assist you when you require assistance.

With bodies of water, many of their dangers are silent and hard to spot. All lifesavers and lifeguards are trained to identify these dangers and provide you with a safe place to swim.

Avoid the rock pool and walk 50m south to the protected corner or swim at Wamberal SLSC

## SAFETY TIPS

- STOP - AND LOOK FOR POTENTIAL DANGERS**
- PLAN - TO SWIM AT A PATROLLED LOCATION**
- NEVER - SWIM ALONE AND KNOW YOUR LIMITS**
- ALWAYS - SUPERVISE YOUR CHILDREN**
- ALCOHOL AND SWIMMING NEVER MIX**

# NOTICE THE SAFETY SIGNS

## SAFETY SIGNS

On the Central Coast, there are safety signs around all bodies of water. These sign provide detailed information about the risks, hazards and vital information if you need assistance.

These signs can often be found in prominent positions, on access tracks leading to all bodies of water.

