



Look up advices and good practices so as to enjoy beaches and bathing safely

1. The best bath is the safe bath. Follow in every moment what signposting flags indicate
2. If you follow lifeguards' advices, you will enjoy a good beach day
3. Swim always in parallel to the waves break and do not move away from the beach
4. If you cannot swim or you are not feeling qualified enough to swim, take your bath always next to a lifeguard, advice before coming into the water and try that the water will not surpass your waist.
5. Never surpass the area marked with yellow buoys and never swim near the breakwaters.
6. If you have any problem, prevent the lifeguard or the person you have the nearest raising your hand or asking help verbally. Try to keep calm as you wait for the aid to arrive. If you have a floating element you can reach, use it and do not abandon it.
7. At bathing time, you need to take much care about the currents. If there are currents, the colour of the flag will indicate it. Follow the advices of the lifeguards. If you find yourself trapped in the middle of a current, never swim against it, keep floating and ask for help.
8. If you find presence of jellyfish take cautions, do not bath near them and do not try to touch or take them from the water. In fact, the best choice is not to take a bath. Avoid children to play with jellyfish and, in case of bite, ask a lifeguard for help.

And remember:

Good practices to enjoy the beach

Beach is a living together big space. Take care of it and share it.

Be selective and put every waste inside its bin: containers to the yellow and the rest to the grey



If you smoke, do not throw the ashes nor the butts on the sand. That the water will be clean also depends on you.

If you want to listen to music, do it with auriculars or without disturbing anybody.

If you use the showers and toilets with care, you will always find them ready.

Good practices to go hiking in Gorliz

Comfortable boots and appropriate clothes in case of rain

Never go out alone and give instructions about where you are going and when you are returning.

The route runs along tracks and paths that are used for farming, cattle or forest tasks. Leave the gates as you have found them; be careful of the paths and the inhabitant's properties in order to respect the countryside.

A photograph is the best souvenir. Don't pick flowers, break branches and don't bother animals that are grazing nor the rest of the fauna, in this way we all can enjoy them.

Keep your dog on a lead and under control to avoid bothering or scaring the cattle and other animals.

Don't light up fires and leave rubbish in the appropriate bins. Take care of open spaces so future generations can enjoy them too.