



SEA RESCUE SOUTH AFRICA

Saving Lives. Creating Futures.

The National Sea Rescue Institute (NSRI) is a charity staffed by over 1 000 volunteers who respond 24/7/365 to save lives on South African waters. Our goal is to prevent drowning: be it reactive, by rescuing any person or animal in need, or proactive through advocacy and teaching water safety wherever we go.

Our rescue crew members are all unpaid volunteers and we do not charge for rescue services. Through our Drowning Prevention initiative we work together with

other services to lobby for effective signage at beaches and run public awareness campaigns around water safety issues.

Our Water Safety instructors visit schools to teach children about water safety, peer rescue, what to do in an emergency, who to call for help and how to do HandsOn CPR.

The success of our organisation is largely determined by the generous financial support of sponsors and donors.

SNAPSCAN



ZAPPER



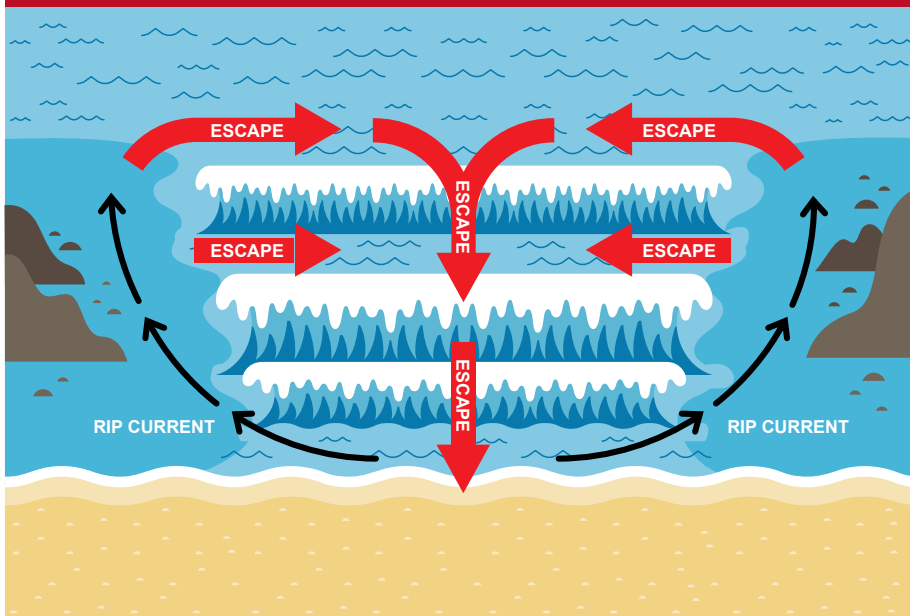
If you would like to make a donation, please scan the above codes.

BEACH SAFETY



To enjoy a safe beach experience only swim where and when lifeguards are on duty. Swim between the red and yellow flags.

Break the Grip of the Rip®



HOW TO ESCAPE A RIP CURRENT:

- Don't panic and don't fight the current
- Get out of the rip by swimming parallel to the shore
- Use the waves to help get you back to the beach
- Never swim into a rip to help somebody
- Rather throw them something that floats
- Use arm signals to show them to swim to the side
- Call for help



087 094 9774

National Emergency Number

NSRI RESCUE BASES



1. NORTHERN CAPE

063 698 8971 Port Nolloth

2. WESTERN CAPE

060 960 3027 Lambert's Bay
082 990 5966 Mykonos
082 990 5974 Yzerfontein
082 990 5958 Melkbosstrand
082 990 5963 Table Bay
082 990 5962 Bakoven
082 990 5964 Hout Bay
082 990 5979 Kommetjie
082 990 5965 Simon's Town
082 990 6753 Strandfontein
072 448 8482 Gordon's Bay
063 699 2765 Kleinmond
082 990 5967 Hermanus
082 990 5952 Agulhas
082 990 5957 Witsand
082 990 5978 Still Bay
082 990 5954 Mossel Bay
082 990 5955 Wilderness
082 990 5956 Knysna
082 990 5975 Plettenberg Bay
072 446 6344 Theewaterskloof
082 990 5980 Air Sea Rescue

3. EASTERN CAPE

082 990 5968 Oyster Bay
082 990 5969 St Francis Bay
079 916 0390 Jeffreys Bay
082 990 0828 Port Elizabeth
082 990 5971 Port Alfred
082 990 5972 East London
082 550 5430 Port St Johns

4. KZN

082 990 5951 Port Edward
082 990 5950 Shelly Beach
072 652 5158 Rocky Bay
060 305 4803 Ballito
082 990 5948 Durban
082 990 5949 Richards Bay
063 699 2722 St Lucia

5. MPUMALANGA

060 962 2620 Witbank Dam

6. GAUTENG

060 962 2620 Gauteng

7. NORTH WEST

082 990 5961 Hartbeespoort Dam

8. FREE STATE

072 903 9572 Vaal Dam