

Come to Newquay
and **have a great time.**

Newquay cares about your safety and wants you to have a great holiday but you must take responsibility for your actions.

Be sensible, stick together and **don't go off alone.**

Have respect for yourself and others.

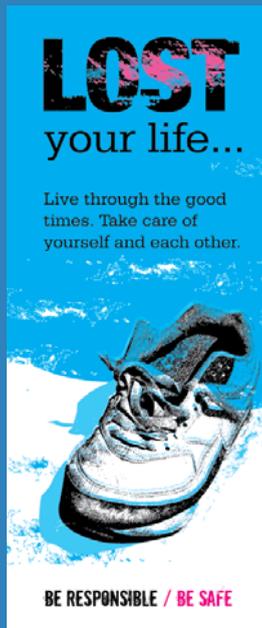
Don't put your parents through the agony of losing a son or daughter. Your parents let you go on holiday - **don't let them down.**

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www.drinkaware.co.uk

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VISITING THE SEASIDE IN CORNWALL?

Information to help you have a safe and enjoyable holiday



THINK! DRINK SAFE

NO SAFE LIMITS There are no safe drinking limits for under 18's – any amount no matter how small can have a negative effect because your body and organs are still developing. **Be sensible.**

DON'T MIX

Never mix alcohol with other drugs including painkillers. The effects of 2 or more substances combined can have unpredictable effects.

PACE YOURSELF If you are going to drink, eat something first to line your stomach. Drink plenty of water and soft drinks throughout the night to keep hydrated and slow down your drinking. **Try not to mix your drinks.** Stick with your mates and plan how you'll get home from a night out and never walk home by yourself.

KNOW WHAT YOU ARE DRINKING

It's safer not to drink but if you decide to - do some research and make sure you know the units in your favourite drinks. **Never accept a drink from a stranger**, even a soft drink as they may have put something in it. Never leave your drink unattended.

BUYING ALCOHOL UNDER 18 IS ILLEGAL Attempting to buy alcohol while under 18 is a **criminal offence**. It is also illegal for an adult to buy alcohol for an underage person.

KNOW WHAT TO DO

If a friend is unconscious through alcohol **remember 4 things:**

- 1 Call an ambulance.
- 2 Put them in the recovery position in case they are sick.
- 3 Keep them warm.
- 4 **Stay with them.** If you leave a drunk person on their own, they can become disorientated and very vulnerable either through attack or personal accident.

AMBULANCES Dealing with alcohol related incidents stretches the ambulance service. On busy weekends that could mean a delay in getting to other emergencies **which might put lives at risk.**

STAFF ASSAULTED There are occasional unprovoked attacks on ambulance crews and damage to ambulances **caused by people who have been drinking alcohol.**



ALCOHOL REDUCES INHIBITIONS Alcohol makes people take risks they wouldn't when sober: Getting into trouble with the police, having an accident and greater risk of having unprotected sex. It is also heavily linked with teenage pregnancy. Binge drinking can cause **liver damage** and can **increase the chance of stroke and memory loss.**

NEWQUAY SAFE ACTION

We are doing everything we can to help you keep safe.

PUB WATCH

All pubs and clubs in the town centre are linked by radio. Any help can be requested quickly but also any trouble dealt with. There is a **barred from one, then barred from all** policy.

OPERATION BRUNEL

Police meet and greet trains arriving at Newquay railway station. **They will confiscate alcohol from under 18's** and give advice and information on alcohol issues in Newquay.

OPERATION TOUCHDOWN

Similar to 'Brunel' but **meeting visitors as they arrive** at Newquay Cornwall airport.

OPERATION LONGBOARD

Police, campsites and transport providers work together to **prevent under 18's taking alcohol onto buses** travelling to the town.

STREET PASTORS Accredited volunteers from the local church will be on the streets in the early hours offering **help, advice and support.**

CRIME

If you get a criminal record, it will **seriously affect** your university and career prospects.

UNDER 21?



NO I.D. NO NEWQUAY

EXODUS

A scheme that offers **alcohol free, under 18 entertainment** supervised by experienced youth workers. Transport to and from the alcohol free night clubs and discounted entry to daytime activities.

CHALLENGE 21

Operated by all pubs, clubs and off licences. If you try to **purchase alcohol and look under 21 you will be asked for ID.** The only acceptable forms of ID are a passport or photo driving licence.

STREET SAFE

A portacabin in the town centre, staffed by medical personnel and approved volunteers. **Provides help and refuge** for the vulnerable and minor medical treatment for the injured.

ALCO METERS

Similar to breathalysers and **enable police to check under 18's** getting onto buses and trying to enter clubs and pubs. They can also indicate if soft drinks contain alcohol.

DPPO Designated Public Place Orders give the police the power to confiscate alcohol from persons they believe may consume it in a public place. **The order applies to the whole of Newquay town** including grassed areas and beaches.

BEACH SAFETY

Beaches are great places – they are even better if you know how to keep yourself safe.

TIDE TIMES

The lifeguard will put tide times on a board each day. It is most important that you read this information. Always go exploring when the tide is going out. **Never go alone** and tell someone where you are going.

SPRING TIDE High water is around 5pm-6pm. On a spring tide **the water comes in fast** and covers the whole beach. This is when most people get cut off and have to be rescued. It also goes out a long way.

NEAP TIDE

High water is around 12 noon. On a neap tide the water doesn't come in or go out very far. **Lifeguards will put out flags on the beach for your safety.**

RED FLAG

Means Danger. When this flag is flying do not go anywhere near the water, even paddling can be dangerous.

RED AND YELLOW FLAGS

Always swim between these flags as the lifeguard is watching and patrolling this area.

CLIFFS

Don't climb or sit under the cliffs as they are **very unstable.** Rocks can fall at any time.

BLACK AND WHITE CHEQUERED FLAGS

For surfing only. Surfers will go in between these flags in an area well away from swimmers.

RIP CURRENT This current can drag you out to sea very quickly. If you get into trouble, don't panic. **Raise your arm in the air and shout for help.** The lifeguard is watching this area and will come to your aid.

WEEVER FISH These small fish lie under the sand in shallow water. When stepped on, a spine on their back can inject poison into your foot, making it excruciatingly painful. The lifeguard will be able to treat you. To protect your feet from broken glass, needles, sharp objects and weever fish **wear beach shoes.**

JUMPING INTO WATER

Don't jump into water anywhere. **You don't know how deep it is** or if there are any objects under the surface.

BIG WAVES

There are no freak waves. Large waves can occur at any time without warning and sweep you into the sea. **Take care and don't venture too close.**

OBJECTS ON THE BEACH

Objects washed up on the beach could be potentially dangerous. **Stay well away and don't touch.** Tell the lifeguard or dial 999 and ask for the Coastguard.

INFLATABLES

Don't take inflatable lilos, rafts or small boats into the water without a rope attached, held by an adult.



ALWAYS GO ON A LIFEGUARD BEACH

You are **500 times** more likely to get into trouble on a beach with no lifeguard.

