

# The motion of the ocean #2.

## Tidal movements.



### Why is it important to know about tides?

It is important to understand the effect of tides on conditions at the beach to ensure your day at the beach is enjoyable. In some areas on the Australian coastline the tide movement can be quite extreme with the waterline moving sometimes hundreds of metres up and down the beach.



### What is the 'tide' and how can it affect beach conditions?

Tides are a natural phenomena that result in the movement of the water line up and down the beach due to the rise and fall of the water level. While this movement is generally harmless, it can have a significant influence, particularly when the tide is going out, i.e. the waterline is moving down the beach. Some effects may include:

- Rip currents can become stronger as the water moves out to sea and the water level declines
- Larger waves caused by a combination of the falling tide, the decline in water level and the increasing influence of the wind
- Plunging waves can become more regular due to the rise and fall in water level, which are more dangerous especially to swimmers with less experience.

### How you can safely manage the tide

It is always important to swim between the red and yellow flags. Be sure to ask a lifesaver or lifeguard if the beach is influenced significantly by the tide and take notice of any advice offered. Additional advice for large tidal areas includes:

- Check tidal information at the beach or prior using the newspaper, etc.
- Don't get cut off by the tide (e.g. some beach are one large bay at low tide, and series of small bays at high tide with no access/exit)
- Do not let children burry themselves or friends in the sand on an incoming tide.



DANGEROUS TIDES



To enjoy the beach safely, remember:

# FLAGS

**Find** the red and yellow flags and swim between them.

**Look at,** understand and obey the safety signs.

**Ask** a lifeguard or lifesaver for advice before you enter the water.

**Get** a friend to swim with you.

**Stick** your hand up, stay calm and call for help if you get into trouble.

