



busy season. It's important to remember the water is an unpredictable and dangerous environment, particularly during spring and early summer when air temperatures may be warm but water temperatures remain dangerously cold, increasing the risk of cold water shock.

'We are reminding anyone planning to enter the water to take extra care. Basic precautions can greatly reduce the risk of getting into difficulty, whatever your activity, and also improve your chance of being found quickly.

'For activities like kayaking and stand up paddleboarding we'd recommend you carry a means of calling for help, such as a mobile phone in a waterproof pouch, and ensure you are wearing the right kit for the water temperature.

'A wetsuit will keep you warm and help you float in an emergency although wearing an appropriate buoyancy aid or lifejacket is still vital. For open water swimmers and dippers, please also remember to acclimatise slowly and be visible with a brightly coloured hat.

'If you find yourself in trouble in cold water, the best thing to do in this situation is to float on your back and wait for the effects of cold water shock to pass, keeping your airway clear until you can control your breathing. You can then plan your next move to reach safety.

As we start to head out of winter and towards spring, the RNLI lifeguard team is gearing up to head back on the town's beaches in time for the Easter holidays.

The RNLI welcomes back its lifeguards at the end of March for their two-week induction prior to patrols beginning for 2022. The inductions provide new and returning lifeguards the skills and training they need to carry out their work effectively. The teams will cover casualty care, operating lifeguard craft and vehicles, lifeguard operations, communications, health and safety and roles and responsibilities.

RNLI lifeguard patrols will return to Fistral beach on a daily basis from 9 April through to 30 October. Towan, Watergate Bay and Mawgan Porth beaches will have RNLI lifeguards on duty for the Easter holidays, from 9 April to 24 April.

Although the welcome return of the RNLI lifeguards heralds the countdown to summer, it's important to remember the water temperature is at its coldest this time of the year.

RNLI Lead Lifeguard Supervisor Lewis Timson, said: 'We're looking forward to returning to the beaches around Newquay for what we expect will be another very



'If you or someone else is in trouble, always call 999 or 112 and ask for the Coastguard.'

Elsewhere, the RNLI is currently looking for new shop volunteers to join its lifesaving team across Cornwall.

Just like the charity's lifeboats, the RNLI's retail team need a dedicated volunteer crew - people of all ages and abilities - who can give a little time to help save lives at sea.

Volunteers are needed at locations across Cornwall, including at Newquay RNLI shop and Fistral lifeguard visitor centre.

Andy Bramwell, RNLI Community Manager, said: 'The pandemic unfortunately hit our shops hard as they closed for periods of time in line with Covid-19 restrictions.

We were delighted when we could reopen them safely in accordance with government guidance and are looking forward to welcoming our visitors in 2022. To do this successfully, we want to grow our team of shop volunteers and are looking for people who enjoy interacting with others, can help us to provide a high level of customer service and ensure our shops continue to be friendly and welcoming places.'



Our shop in Newquay can't sell a single gift without volunteers like Rosie.

Can you lend a little time for a fun, rewarding role that powers RNLI lifesavers to the rescue?

Will you join our lifesaving shop crew?
Apply now at RNLI.org/ShopVolunteer

The Royal National Lifeguard Institution (RNLI), a charity registered in England and Wales (209603), Scotland (SC037746), the Republic of Ireland (C11 2678 and 20020326), the Bailiwick of Jersey (14), the Isle of Man (1528 and 050329), the Bailiwick of Guernsey and Alderney, of West Quay Road, Poole, Dorset, BH15 1HE

To find out more about how you can help generate vital funds, promote the work of the RNLI, and apply visit www.rnli.org/volroles