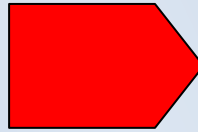


## Protect yourself...

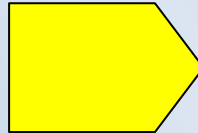
- Don't stay in the sun too long especially from midday to 4 o'clock when the sun is at its peak.
- People with sensitive skin should use a sunscreen with an SPF of 30 or more.
- Reapply sunscreen every two hours.
- You are most vulnerable to sunburn while in the sea.
- Don't forget for the children: total sunblock, an anti UV T-shirt, a cap, and sunglasses even in the water.
- Drink water regularly.
- Don't swim if the sea is rough, most beaches are unsupervised, be careful!
- Don't use air mattresses or any inflatable toys or buoys when there is an offshore wind.
- Never leave your children unattended in the sea or at the seaside even with swimming rings or floating rings.
- The sand can be burning hot, wear shoes.
- Pay attention to jellyfish.
- Never dive without checking if it's deep enough and without any obstacles.



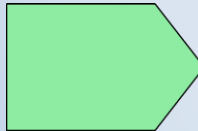
## Beach warning flags !



Danger, no swimming



Caution, seek advice



Safe to swim



Thanks to CARI association for the photos:  
<http://cari.corse.free.fr>

## ENVIRONMENTAL FRIENDLY CODE OF CONDUCT AT THE SEASIDE:



Parc  
naturel  
régional  
de Corse  
Parcu di Corsica

Lycée du Fiumorbo 2<sup>o</sup>. 2015

## On the beach:

- Don't leave rubbish on the beach; use the litter bins or take it home. Picked up by the wind, it can be dangerous for the sea animals which die because of pollution and ingestion or entanglement in marine debris.
- Use a reusable water bottle rather than plastic bottles.
- Don't use plastic bags to pack the things you need for the beach or any light plastic things which could fly away into the sea. Watch your inflatable toys!
- Buy a pocket ashtray.
- Use organic and biodegradable sunscreen rather than oil sunscreen which can damage the ecosystem.
- Always pick up your dog's mess and put it in the bin! Never bury dog poo in the sand.
- Observe dog exclusion zones.
- Use the sanitary facilities to keep an excellent bathing water quality.
- Don't waste water when you shower.
- Respect security rules and beach warning signs.
- No wild camping at the beach and don't light fires.
- Don't walk on sand dunes which protect beaches from erosion, walk on the paths.
- Use the car parks for your vehicles; don't drive on the sand dunes.

## Responsible recreational boating:

- Respect the navigation rules and marine reserves rules. (Navigation, mooring...)
- Don't throw anything into the sea. (disposable toilet, fuel, rubbish)
- Food and organic waste discharged are allowed at more than 12 miles from the coast.
- Don't allow cigarette butts or plastic packaging to go overboard, take it all back to shore.
- Use green products to wash your boat. (No chemical detergents)
- Before and after a trip, wash your gear, watercraft and tow vehicle to reduce the spread of invasive species.
- While fueling your boat take every precaution not to spill fuel into the water, use a fuel collar or bib when fueling to catch drips and overflow and prevent backslash.
- Remember to fill inboard fuel tanks to 90 percent capacity to allow for fuel expansion due to heat and help prevent accidental overfilling and spills
- Be prepared with absorbent pads to clean oil or fuel spills. Dish soap doesn't work. It just causes those liquids to sink and contaminate the bottom.
- Choose a boat with on-board sewage treatment systems instead of storage systems. ( for sewage and black waters treatment)
- Don't forget noise disturbances! Avoid seasonal nesting or breeding areas.
- Don't chase sea mammals.



## Recreational fishing and scuba diving:

- You should know the regulation concerning:
  - The size of the captured species.
  - The authorized equipment and species.
  - The place where fishing is prohibited.
- Fishing sea urchins outside of the located time is prohibited. ( allowed from December 15<sup>th</sup> to April 15<sup>th</sup>)
- If you feel like scuba diving, do it from an authorized centre set up by the Fédération Française des Etudes et Sports Sous-Marins. The accredited instructors know the rules in regards to respect ecology.

