



Going to the beach

Mable



Easy English

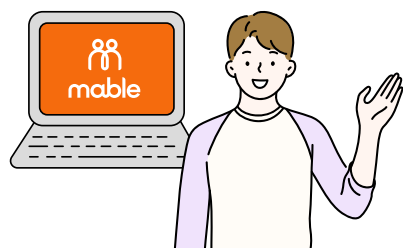
Going to the beach

About this guide

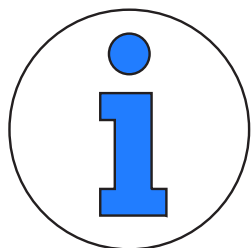
This guide tells you how to go to the beach if you have a disability.



This guide is written by Mable.



Mable is where you can find independent support workers online.



Contact information is at the end of this guide.

Hard words

This guide has some hard words.



The first time we write a hard word

- the word is **blue**
- we write what the hard word means.

There is a list of the hard words at the end of the guide.

Get help with this guide

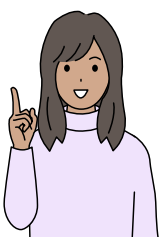
Someone can help you



- read this guide



- know what this guide is about



- find out more.

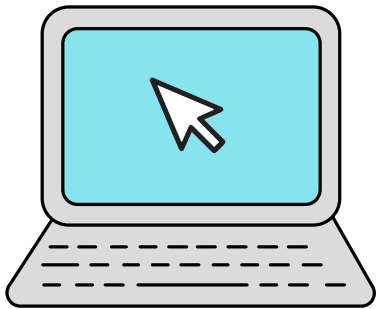


Choose the right beach

Before you go, check if the beach is **accessible**.

Accessible means it is easy for people with disability to use.

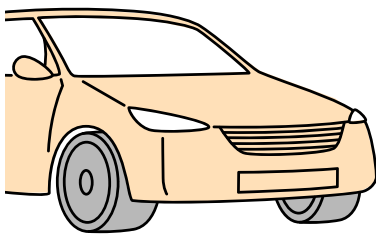
You can



- search online for accessible beaches



- use the [Accessible Beaches Australia](#) website



- drive past to check how busy the beach is



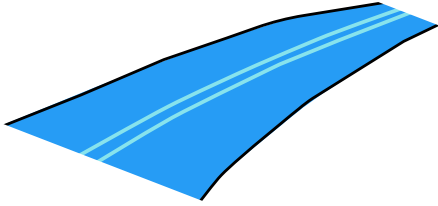
- call ahead to ask questions or book things like a beach wheelchair.

Use beach matting

Some beaches have **beach matting**.

Beach matting is a rubber mat for the sand.

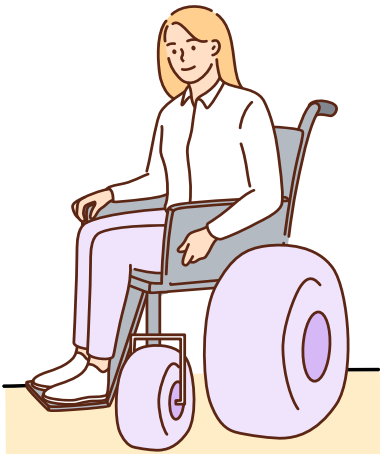
It helps you



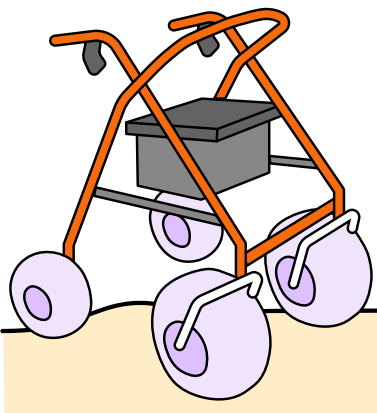
- walk on sand



- use a wheelchair on sand



- use a walking aid on sand.





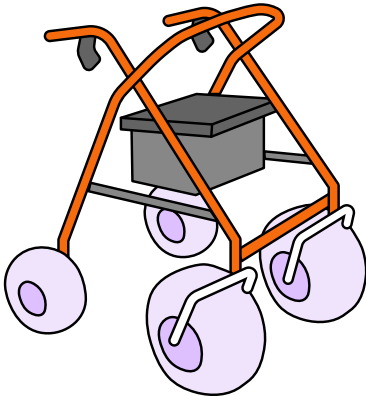
Try a beach wheelchair

A beach wheelchair can go on the sand and into the water.

You can usually borrow one for free.



Ask the surf club or local council.

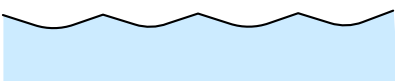


Try a beach walker

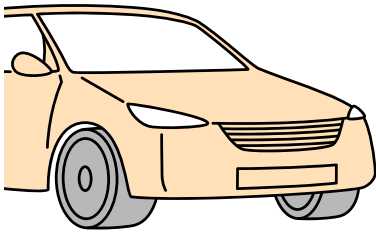
A beach walker has big wheels.



It helps you move on the sand.

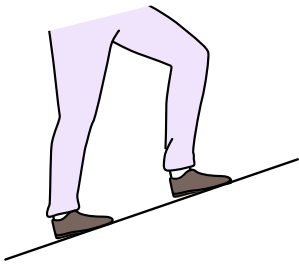


You can also go into shallow water with it.



Find accessible parking

Try to find spots close to the beach with easy access.



Use accessible paths and ramps

Big beaches often have ramps and paths.

These make it easier to get from your car to the sand.

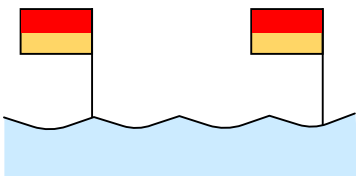


Choose beaches with **lifeguards**

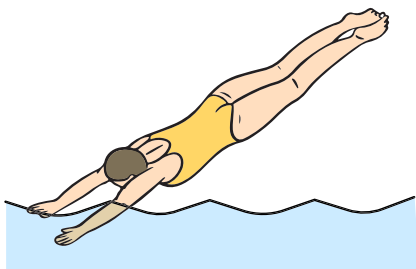
A lifeguard is a person who watches people swimming.

They help keep you safe in the water.

A lifeguard can



- tell you where it is safe to swim

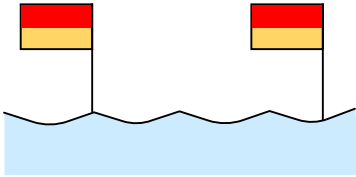


- help if you get into trouble



- **rescue** people from the water.

Rescue means to save someone from danger.



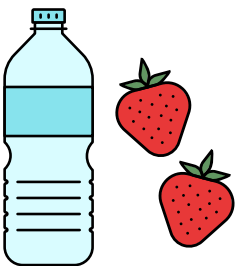
Don't swim at beaches without a lifeguard.

Always swim between the red and yellow flags.

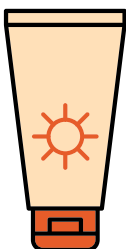


Pack your beach bag

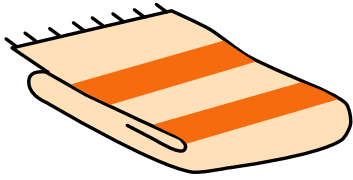
These things are good to bring



- Water and snacks



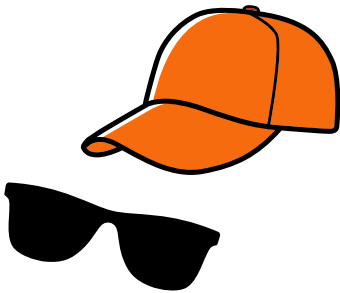
- Sunscreen



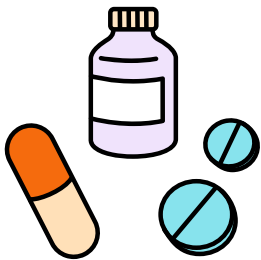
- Towel or seat



- Shade or umbrella



- Sunglasses and hat



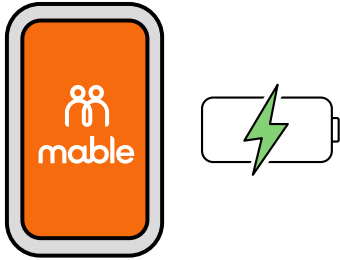
- Medication



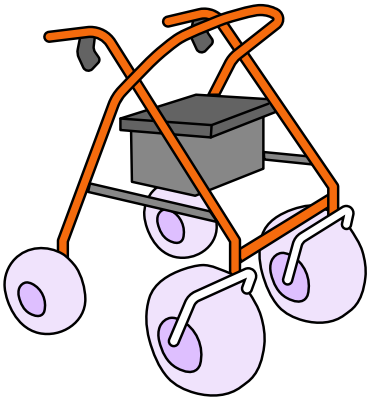
- Dry clothes



- Comfortable shoes



- Phone and power pack



- Support equipment you need.

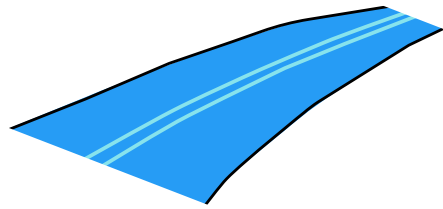


Word list

Accessible

Accessible means it is easy for people with disability to use.

Beach matting

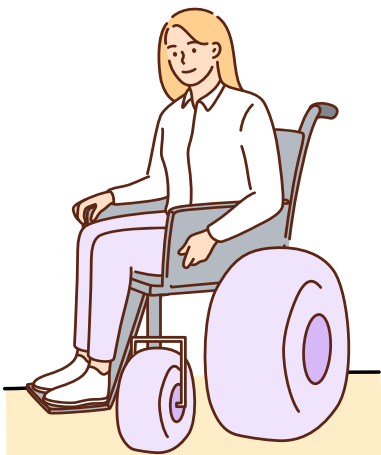


Beach matting is a rubber mat for the sand.

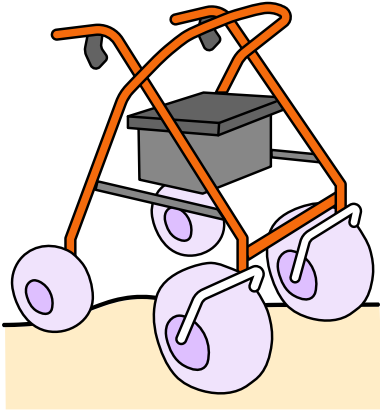
It helps you



- walk on sand



- use a wheelchair on sand



- use a walking aid on the sand.

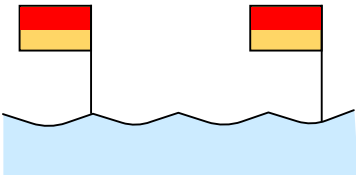


Lifeguard

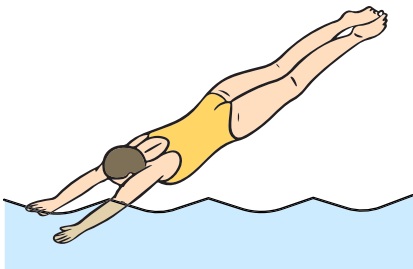
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A lifeguard can



- tell you where it is safe to swim



- help if you get into trouble

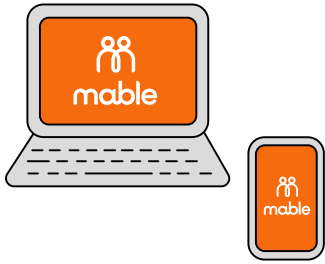


- rescue people from the water.



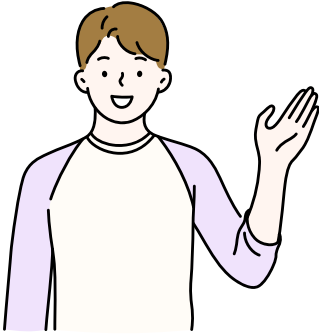
Rescue

Rescue means to save someone from danger.



About Mable

Mable is a website and app.

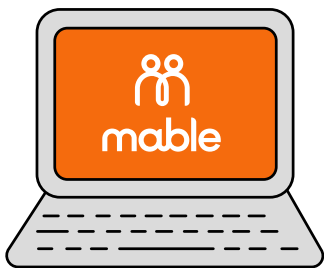


It helps people find independent support workers.



You can contact Mable.

Phone: 1300 73 65 73



Website: www.mable.com.au



Email: support@mable.com.au



Mable's office hours are Monday to Friday,
8 am to 6 pm (Sydney time)