

Beach Safety



- ✓ Never swim alone
- ✓ Always swim near an open lifeguard station
- ✓ If you are at a beach where there are no lifeguards, be cautious at all times. Remember swimming in waves is not the same as in a pool or lake. If in doubt-don't go out!
- ✓ Obey all instructions and orders from lifeguards. Lifeguards are trained to identify potential hazards. Ask a lifeguard about the conditions before entering the water. This is part of their job
- ✓ Pay especially close attention to children and elderly when at the beach. Even in shallow water, wave action can cause loss of footing
- ✓ Never dive into shallow water-Remember "feet-first every time"
- ✓ Use swim fins and a leash whenever body-boarding
- ✓ Keep at least 100-feet away from piers, jetties, and rocks because permanent rip currents often exist along side these structures. Remember to always obey warning signs
- ✓ Never throw sand and always fill in holes before you leave the beach
- ✓ Please do-not litter-leave the beach cleaner than you found it!
- ✓ Protect yourself from the sun-use sunscreen, Wear a hat and sunglasses
- ✓ Respect other beach patrons and remember your beach manners
- ✓ Bicycle paths along the beach are like roads-So always look both ways before walking across
- ✓ If you or someone in your group gets lost, tell the nearest lifeguard

Ask the Lifeguard

- ✓ Always ask the lifeguard where it is safe to swim before going into the water
- ✓ The lifeguard is the beach safety expert and is highly-trained in spotting both inshore holes and rip currents



Visit "Parent Central" at
www.procarseatsafety.com

