

BEACH SAFETY

BEFORE SWIMMING IN THE OCEAN

CHECK CONDITIONS

Check water conditions before going in by looking at the local beach forecast and talking to the lifeguard at the beach.

LIFEGUARDS

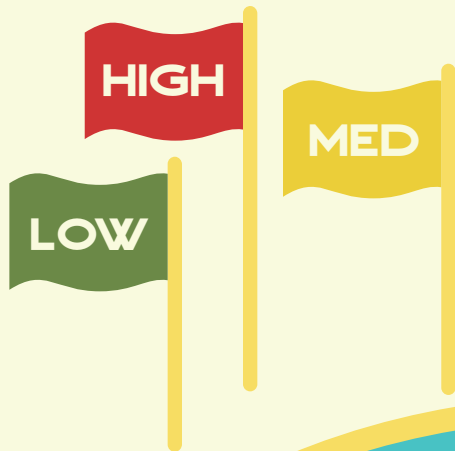
Whenever possible, swim at a beach with a lifeguard present.

KNOW THE FLAGS

Check the flags displayed at the beach before entering the water. The flags are a warning system for surf and current conditions.

DON'T ASSUME

Great weather for the beach does not always mean it's safe to swim or even play in the shallows. Rip currents often form on calm, sunny days.



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MORE ON BEACH SAFETY**

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SURVIVE THE RIP

If you find yourself caught in a rip current, use these tips to get yourself safely back to shore.

1 RELAX
REMAIN CALM TO CONSERVE ENERGY & THINK CLEARLY
Rip currents don't pull you under water, they pull you out and away from the shore. The first thing to do is relax and remain calm.

2 FLOAT
DON'T FIGHT, CALMLY TREAD WATER
It may seem scary to let the current take you, but fighting against it is the most dangerous thing you can do. Try to float or tread water until you are able to swim out of the current.

3 SWIM
SWIM PARALLEL TO THE SHORE
Once you're out of the current, make your way back to shore by swimming parallel to the shore and at an angle away from the current. Swimming diagonally away from the rip current minimizes the chance you'll re-enter it.

4 WAVE
DRAW ATTENTION TO YOURSELF
If you are still unable to reach shore, draw attention to yourself by facing the shore, waving your arms and yelling for help.

CALL FOR HELP
AT ANY POINT

