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#091015-LIFEGAURD

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Lifeguard Season at Navarre Beach Ends November 1

Lifeguard season ends on Navarre Beach on Sunday, November 1. Residents and visitors are asked to exercise caution and use common sense when enjoying Navarre's beaches, including heeding the warnings of beach flags. Flags noting the beach conditions will continue to be posted by county staff.

The public beaches, including the areas next to the Navarre Beach Pier and the gulf side beaches of Navarre Beach Park, are guarded each year from generally from March 1 to October 31. The date was extended this year to accommodate the entire weekend. To date, lifeguards made 50 rescues in the 2009 lifeguard season with no drownings.

Beachgoers are reminded that tragic water accidents happen quickly. The most common reason for aquatic mishaps is a lack of safety knowledge. To keep you and your family safe, follow these simple safety tips:

- Learn to swim.
- Never swim alone.
- Supervise children closely, even when lifeguards are present.
- Don't rely on flotation devices, such as rafts; you may lose them in the water.
- Alcohol and swimming don't mix.
- Protect your head, neck, and spine- don't dive into unfamiliar waters- feet first, first time!
- Don't swim at dawn, dusk or at night as these times are when sharks feed.
- During thunderstorms move inside to a building or vehicle.
- If you are in trouble, call or wave for help.
- Scuba dive only if trained and certified, and within the limits of your training.
- No glass containers at the beach. Broken glass and bare feet don't mix.
- No beach fires- fire residue and superheated sand can severely burn bare feet.
- Report hazardous conditions to the Navarre Beach Office at (850) 936-6110.

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