



*Santa Rosa County Public Information ■ 4499 Pine Forest Road ■ Milton, Florida ■ 32583 ■ (850) 983-5254*

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#120301-BCHGRD

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### ***Navarre Beach Lifeguard Season Begins March 3***

Lifeguard season on Navarre Beach begins Saturday, March 3. Initially, four lifeguards will be on duty, 9 a.m. - 5 p.m. on Monday, Wednesdays, Fridays, Saturdays, and Sundays. Staff will monitor the number of beach goers at the public gulf-side beach areas, manning the one to two towers with the greatest need. As the number of swimmers increase, lifeguard coverage will expand to seven days a week and to all four lifeguard towers, which are located near the Navarre Beach Pier and inside Navarre Beach Park. Lifeguard season ends on Sunday, October 28.

When enjoying Navarre's beaches, residents and visitors are asked to exercise caution and use common sense, including heeding the warnings of beach flags. Beach conditions can be checked on the county's website at [www.santarosa.fl.gov](http://www.santarosa.fl.gov).

Additionally, beach goers are urged to follow these simple beach 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.
- 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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