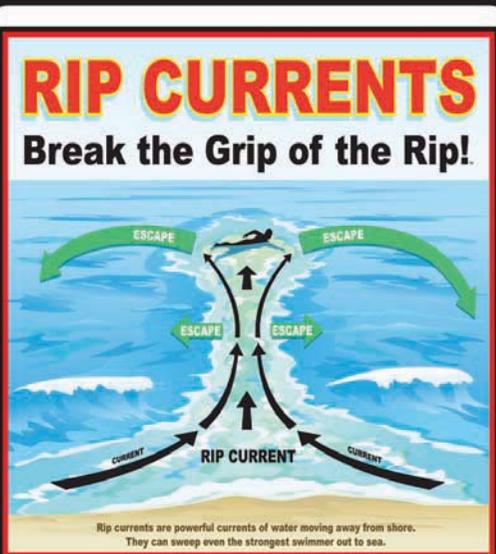


Beach Safety

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.
- Swim near a lifeguard.
- 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!
- If you are in trouble, call or wave for help.
- Follow regulations and lifeguard directions.
- 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 lifeguards or other beach management personnel.



RIP CURRENTS
Break the Grip of the Rip!

Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

SAFETY

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:
www.ripcurrents.noaa.gov
www.usla.org



BEACH WARNING FLAGS
BANDERAS DE ADVERTENCIA EN LA PLAYA

-  **Water Closed to Public**
Agua Cerrada al Público
-  **High Hazard**
High Surf and/or Strong Currents
Peligro Alto, Resaca Alta y/o Corrientes Fuertes
-  **Medium Hazard**
Moderate Surf and/or Currents
Peligro Medio, Resaca Moderada y/o Corrientes Fuertes
-  **Low Hazard**
Calm Conditions, Exercise Caution
Peligro Bajo, Condiciones Calmas, Tenga Cuidado
-  **Dangerous Marine Life**
Vida Marina Peligrosa

Absence of Flags Does Not Assure Safe Waters
La Ausencia de Banderas No Asegura Aguas Seguras