



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

March 2, 2010
#100302-LIFEGRD

Contact: Joy Tsubooka
Public Information Officer
(850) 983-5254, (850) 393-8304 Cell
joyt@santarosa.fl.gov

Navarre Beach Lifeguard Season Begins March 12

Lifeguard season on Navarre Beach begins Saturday, March 12. Lifeguards will initially man the area next to the Navarre Beach pier on weekends through late March, when staffing will increase to daily coverage. As the number of swimmers increase, lifeguard coverage will expand to other gulf-side public beach areas, including Navarre Beach Park. Lifeguard season ends on Sunday, October 31.

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, by selecting the Navarre Beach Surf Report button.

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.
- 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.

###