



Oct. 21, 2015
#151021-NAVLIFE

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Navarre Beach Lifeguard Season Ends November 1

Lifeguard season on Navarre Beach ends Sunday, Nov. 1. During the peak of the season, 12 lifeguards safeguarded swimmers at Navarre Beach making 94 rescues to date. Flags indicating the beach conditions will continue to be posted daily at each Navarre Beach public access area and online at www.santarosa.fl.gov. The lifeguard season is March through October each year.

Especially when lifeguards are not present, beach goers should know and understand what each color of the Florida Beach Warning Flag system means:

- **Green Flag** - means “low hazard,” but to be aware and continue to practice caution.
- **Yellow flag** - indicates “moderate surf and conditions” such as rip currents; swimmers should exercise caution when entering the water.
- **Red Flag** - “strong currents and high surf” are indicators to stay out the water.
- **Double Red Flags** - swimming in the water is hazardous. Conditions are extremely dangerous and lifeguards will not be able to enter into the water to save you.
- **Purple Flag** - indicates “dangerous marine wildlife” maybe present. Please exercise safety when entering the water.

Additional safety tips include:

- Obey all posted signs and flags.
- If you find yourself in a rip current, always remain calm and do not try to fight it. Swim parallel to the shore until you are out of the current and then proceed toward the shore.
- Never swim alone and monitor children at all times.
- Don’t rely on flotation devices, such as rafts, as you may lose them in the water.
- Leave alcohol, glass and animals at home.
- Protect your head, neck, and spine - don’t dive into unfamiliar water - feet first, first time!
- Don’t swim at dawn, dusk or at night as these are times when sharks feed.
- During thunderstorms move inside to a building or vehicle.
- No beach fires- fire residue and superheated sand can severely burn bare feet.
- Report hazardous conditions to Navarre Beach Administration at (850) 981-8888.

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