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!

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

BEACH WARNING FLAGS

Water Closed to Public
Agua Cerrada al Público

High Hazard
High Surf and/or Strong Currents
Pelgro Alto, Resaca Alta y/o Corrientes Fuertes

Medium Hazard
Moderate Surf and/or Currents
Pelgro Medio, Resaca Moderada y/o Corrientes Fuertes

Low Hazard
Calm Conditions, Exercise Caution
Pelgro 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

More information about rip currents can be found at the following web sites:
www.rsccurrents.nass.gov
www.caia.org