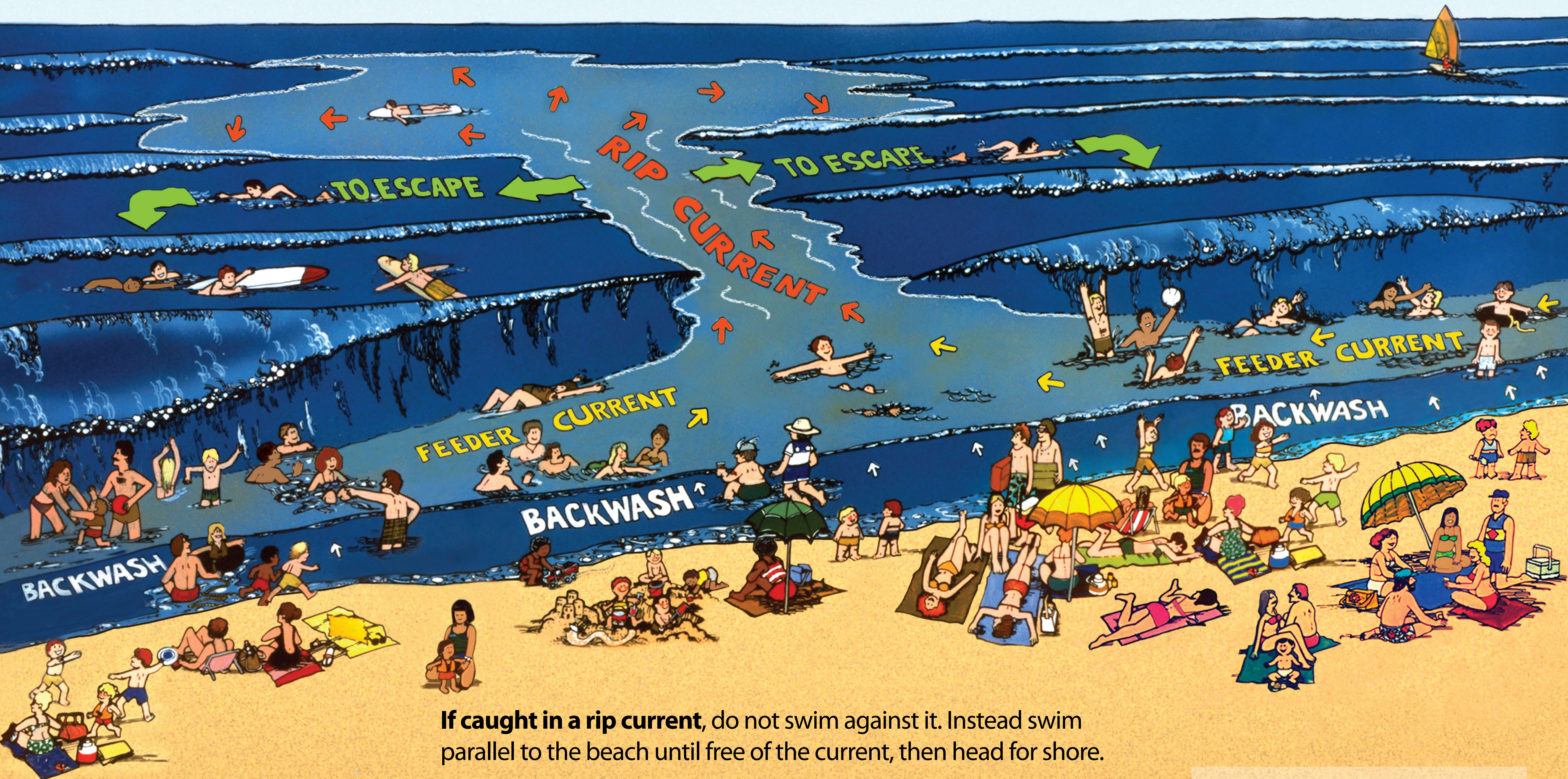




# Be Safe at the Beach

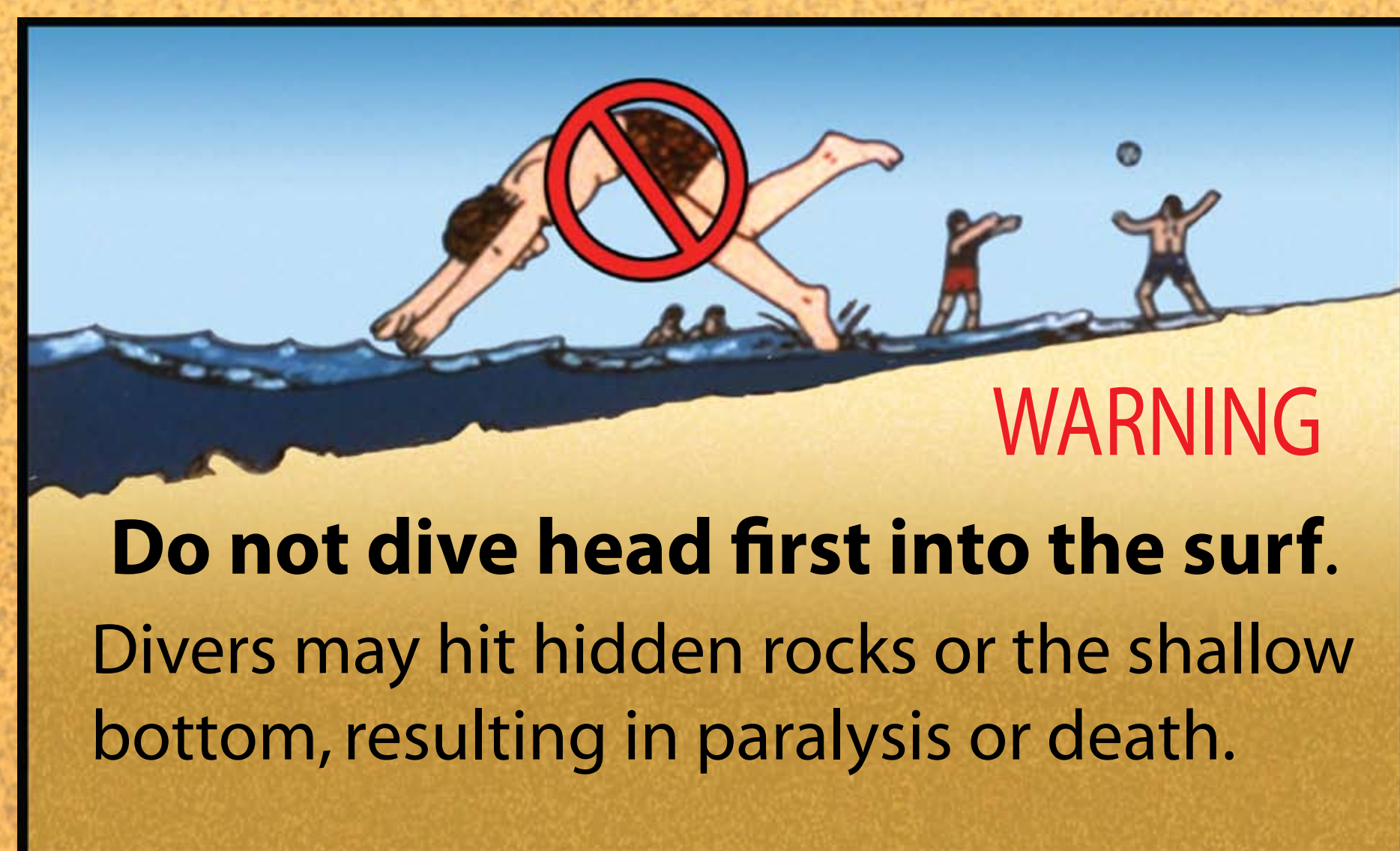


**If caught in a rip current,** do not swim against it. Instead swim parallel to the beach until free of the current, then head for shore.

**Be wary of backwash.** Even normal waves can create a dangerous rush of water that can knock you off your feet and pull you out into the ocean.

**Always keep an eye on the surf.** Large waves can break and rush much further up the beach than other waves, knocking you down and pulling you into deeper water.

**If you see someone in trouble, get help from a lifeguard or call 9-1-1.** Remember, many people drown while trying to save someone else.



## Beach Safety Tips:

- Know how to swim.
- Never swim alone.
- Swim near a lifeguard when possible.
- Obey all instructions from lifeguards.

**If in doubt, don't go out!**