

BEACH AND BAY SAFE

QUICK REFERENCE GUIDE

THREE KEYS TO STAYING SAFE



1. **Respect the ocean** / open water
2. **Stay aware** at the shore
3. **Take Ten:** Protect yourself *first* to save others

LEARN ABOUT POSSIBLE HAZARDS



- Sneaker Waves
 - Shore Break
 - Rip Currents
 - Powerful Waves
 - Dangerous Currents
 - Cold Water
 - Steep Cliffs
 - Jetties and Piers
 - Sandbars
- See “Additional Resources”

WHEN YOU ARRIVE: SURVEY THE SCENE AND MAKE A PLAN



From a safe and dry place away from the water, survey the scene and make a plan with your family/friends:

- **Survey the area**, looking at the weather and water since conditions at the shore are always changing
- **Know the name of the specific beach** you are on
- **Look for lifeguards** and **make guarded beaches your first choice** if you plan to get into the water
- **Look for where to get help** and **where to safely exit** the beach
- **Make a plan with your family/friends** about

where you plan to be and where to meet if anyone is separated

- **Look for warning signs or flags** that may alert you to specific dangers, e.g. shore break, submerged objects, strong currents; Lack of signs does **not** mean that there are no dangers
- **Stay situationally aware** at all times when you are near the water because weather, wind, waves and water are constantly changing from day to day and minute to minute

IF YOU SEE SOMEONE IN TROUBLE



Before you act, “**Take Ten**” — a quick pause for the best actions to protect yourself first so you can help save others:

- **Signal to a lifeguard** or another adult to call 911
- **Look for something that floats** to throw to someone in trouble or something that will help you reach them while you stay safe on shore
- **Keep your eye on the victim**
- **Never charge into the water** without a floatation device, proper training and support

IF YOU’RE IN TROUBLE



- **Relax** and stay calm
- **Float** on your back and **signal** to others on shore

ADDITIONAL RESOURCES



- NOAA Ocean Today Wave Safe and Rip Current Survival Guide video collections: <https://oceantoday.noaa.gov/every-full-moon/>
- NOAA Beach Hazards and Safety website: <https://www.weather.gov/safety/beachhazards>