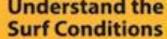
WAVE SAFETY

Most wave injuries occur when waders are knocked to the sand by a wave! Understand the

DANGEROUS SHOREBREAK



 Ask beach patrol if present waves are dangerous

- The ocean is variable and conditions can change throughout the day
- Local weather is not a sufficient indicator of wave conditions
- Talk to your children about wave and ocean safety
- When in doubt, do not go out

Safety Precautions

- Always swim near a lifeguard stand
- Keep arms in front of you while bodysurfing
- · Do not dive into water of unknown depth
- Exit water between waves
- . Do not turn your back on the ocean without awareness of approaching waves



in the water by taking safety precautions and understanding the power of the ocean.

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