

WAVE SAFETY



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



DANGEROUS SHOREBREAK

Understand the Surf Conditions



- 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

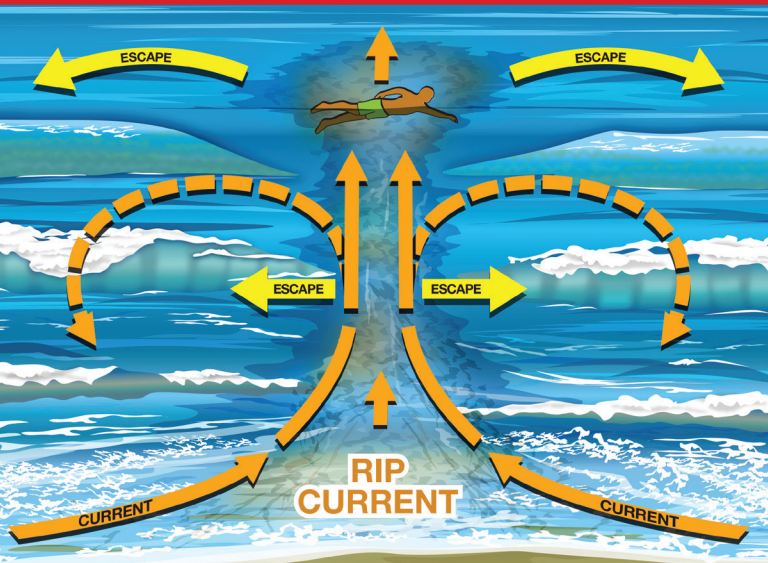


Enjoy your day in the water by taking safety precautions and understanding the power of the ocean.



RIP CURRENTS

Rip currents are channelized currents of water moving away from shore at surf beaches.



Rip currents can sweep even the strongest swimmer out to sea.

Safety Tips

- When you arrive at the beach, ask lifeguards about rip currents and other hazards
- Learn to swim
- Swim near a lifeguard
- Never swim alone
- If you can't swim, do not go in
- If in doubt, do not go out
- Assume there are rip currents at any surf beach

How to Escape a Rip Current

- Stay calm—rip currents do not pull you under
- Do not swim against 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

For more information about rip currents:

www.ripcurrents.noaa.gov | www.usla.org/ripcurrents



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