

Are You Wave Safe?



NATIONAL WEATHER SERVICE

- Always respect the power of the ocean
- Choose guarded beaches when possible
- Check your local weather and tides, observe conditions before entering water and throughout the day
- When entering the water, turn knees and hips sideways to help keep your balance
- Duck under waves, do not dive
- Never turn your back on the waves
- Keep children within arms reach and never take your eyes off of them
- Protect yourself before helping others

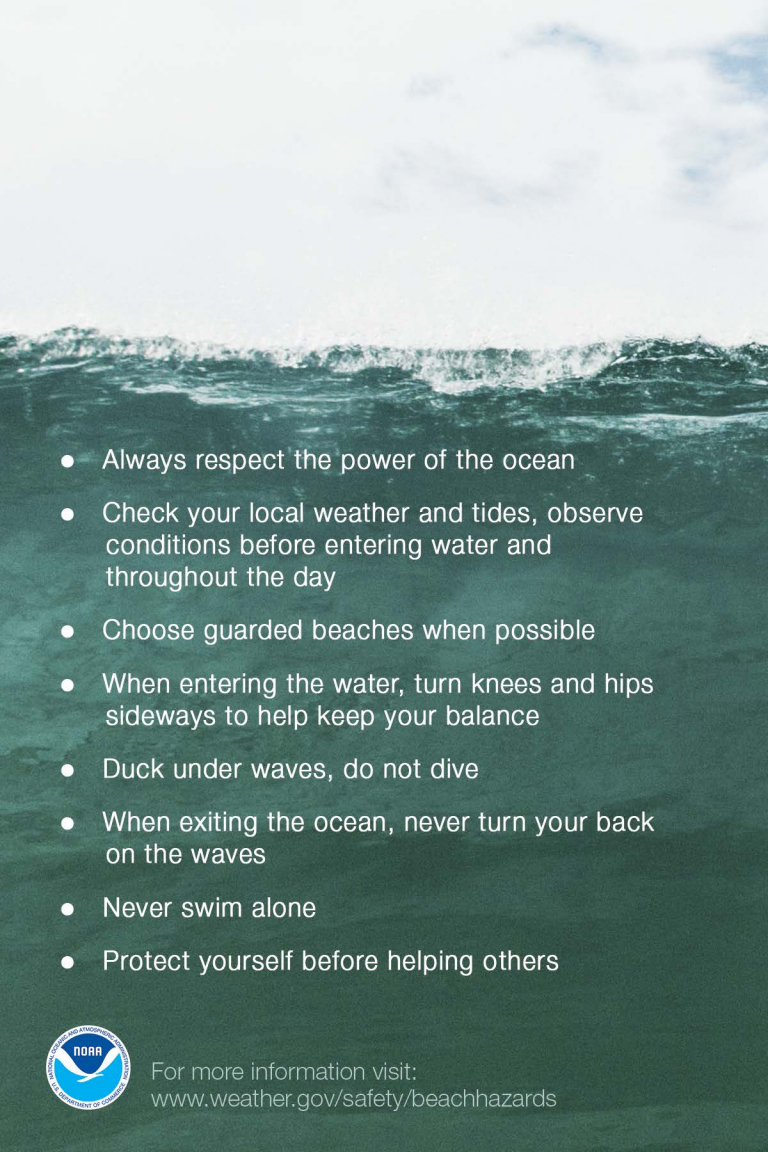


For more information visit:
www.weather.gov/safety/beachhazards

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 - Duck under waves, do not dive
 - When exiting the ocean, never turn your back on the waves
 - Never swim alone
 - Protect yourself before helping others



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