

# 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

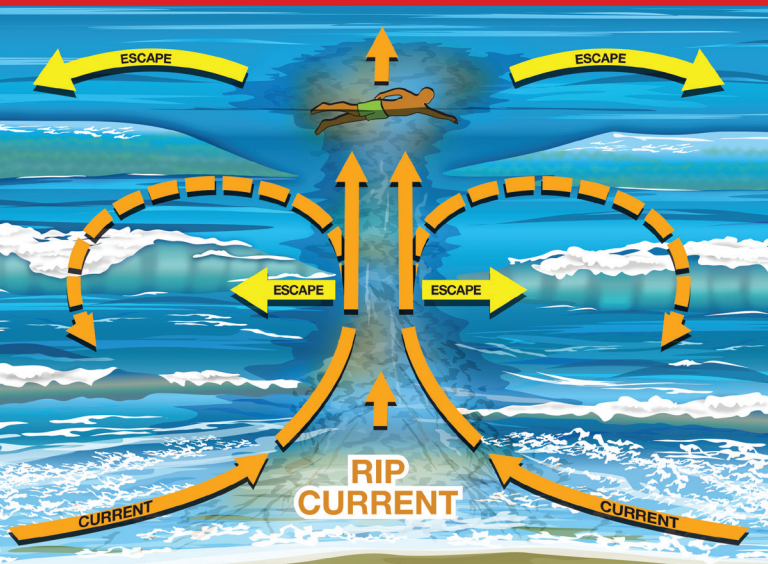


**Enjoy your day in the water by taking safety precautions and understanding the power of the ocean.**



# 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](http://www.ripcurrents.noaa.gov) | [www.usla.org/ripcurrents](http://www.usla.org/ripcurrents)



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