

[Your Health and Safety Matters!](#)

A trip to the beach should be fun and can be for everyone if they know Beach Safety.

The National Weather Service can help ensure you leave the beach with good memories. NWS and their sister agency, the National Ocean Service, provides you with information you need to stay safe on beaches and in coastal areas and surf zones.

BEACH SAFETY TIPS

RIP CURRENTS/DANGEROUS WAVES
Know Your Action
Swim at a beach with lifeguards
Never swim alone
If caught in rip...relax and call for help and swim along the shoreline

KNOW BEFORE YOU GO
Get beach-specific forecasts at weather.gov/beach

HEAT
Know Your Action
Remain hydrated
Use sunscreen
Find shade - beach umbrella
Cool off in water

LIGHTNING
Know Your Action
Remain weather-ready
If you hear thunder or see lightning...go immediately to an enclosed building or hard-topped vehicle.

Basic Actions to Take at the Beach to Protect You, Your Family and Others

- **Slather on Sunscreen**
- **Alcohol and Swimming Don't Mix**
- **Float Where You Can Swim**
- **Avoid any and all Jellyfish**
- **Only swim at a beach with lifeguards.** The chances of drowning at a beach with lifeguards are 1 in 18 million.
- **Know where the Life Ring or Flotation Device Stations are located**

- **Know what the warning flags mean.** Once on the beach, look for beach warning flags, often posted on or near a lifeguard's stand. A green flag means water conditions are safe and other colors mean conditions are not safe. These flags are there to protect you. Please read and obey the posted beach signs and warning flags. Warning flags aren't used in all areas and their meaning can vary from area to area. [Check this link from U.S. Lifesaving Association for info on the beach you are visiting.](#)

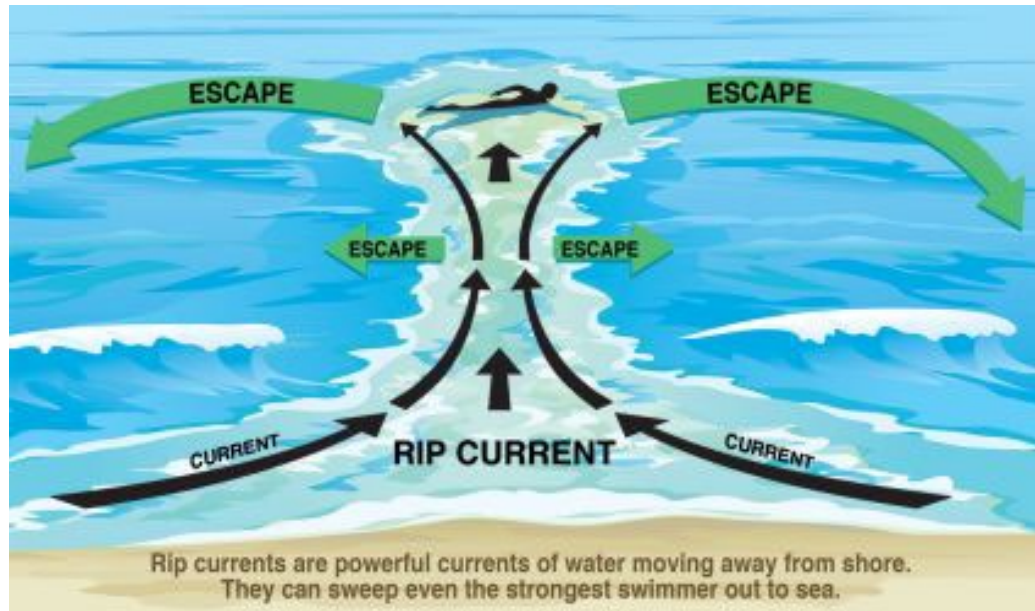


- **Always swim with one or more buddies** and make sure the person on the shore has a cell phone.
- **Don't assume!** Great weather for the beach does not always mean it's safe to swim or even play in the shallows. Rip currents often form on calm, sunny days.
- **Pay Attention to Water Quality** - A good call is to avoid the ocean right after a rain fall. "If you have recently had heavy rainfall, there is a high likelihood that water quality may have degraded to at least some degree." Check water conditions before going in by looking at the [local beach forecast](#) before you leave for the beach and talking to the lifeguard at the beach.
- **Check the National Weather Service Surf Zone Forecast:** Before you leave for the beach, check the official [surf zone forecasts](#) and/or [beach advisories and closings link](#). You also can ask your hotel or rental agency for local sources of weather and beach forecasts.

Know BEFORE you enter the water what rip currents are, and how to escape them.

Rip currents are channelized currents of water flowing away from shore at surf beaches. Typically, they form at breaks in sandbars, and also near structures, such

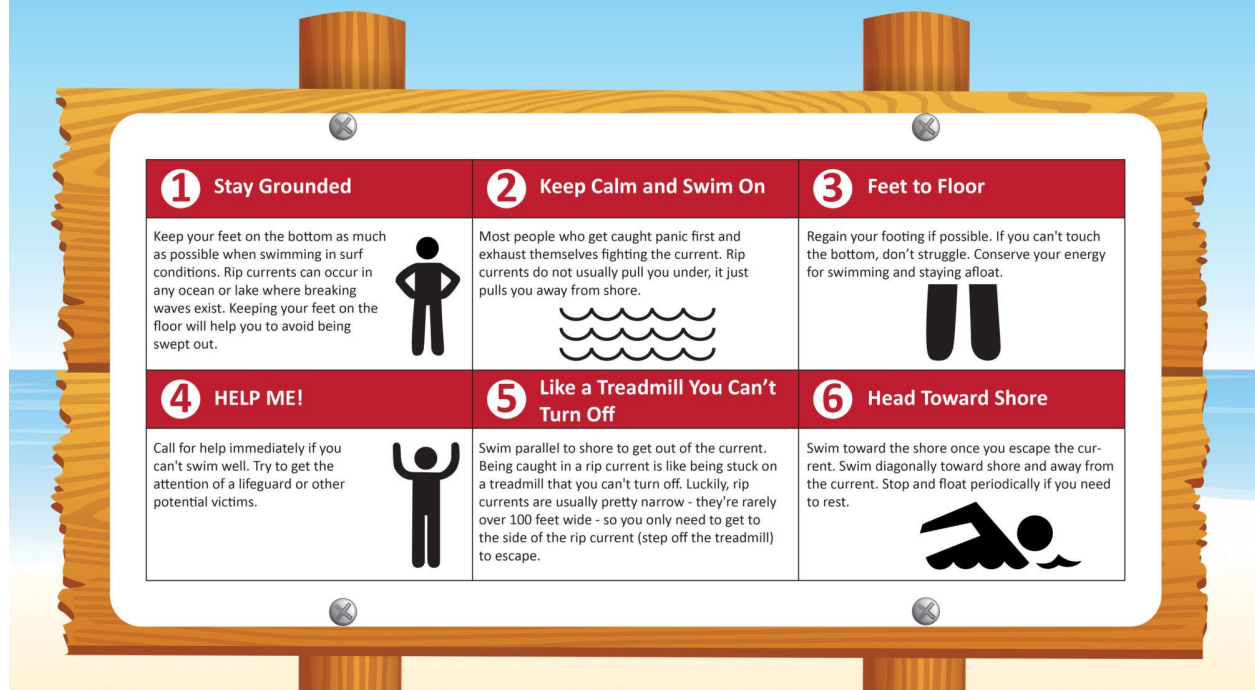
as jetties and piers, as well as cliffs that jut into the water. Rip currents are common and can be found on most surf beaches, including the Great Lakes and Gulf of Mexico.



How to Survive a Rip Current:

- Relax. Rip currents don't pull you under.
- A rip current is a natural treadmill that travels an average speed of 1-2 feet per second, but has been measured as fast as 8 feet per second -- faster than an Olympic swimmer. Trying to swim against a rip current will only use up your energy; energy you need to survive and escape the rip current.
- Do NOT try to swim directly into the shore. Swim along the shoreline until you escape the current's pull. When free from the pull of the current, swim at an angle away from the current toward shore.
- If you feel you can't reach shore, relax, face the shore, and call or wave for help. Remember: **If in doubt, don't go out!**
- If you do happen to get caught in a rip current, "swim to the side one way or the other until you no longer have difficulties or feel yourself being pulled," Brewster advises.
- Whatever you do, "don't fight the current because these currents can move up to 8 knots, which is faster than an Olympic swimmer can swim," he says. "In many cases, you will be simply unable to overpower the rip current, so you'll want to outsmart it," he says.

How to Save Yourself from a Rip Current



<https://www.wjhg.com/2021/02/22/beach-safety-official-shares-safety-information-for-rip-current-awareness-week/>

<https://www.weather.gov/news/130531-current>

Provided by **BENEFITS STORE INSURANCE SERVICES.**

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The Benefits Store
www.BenefitsStore.com
(800) 446 – 2663
Info@BenefitsStore.com

CA Insurance License #0680704

