

BEACH DAY

WATER SAFETY CHECKLIST

Heading to the beach? It's essential to prioritize safety to ensure a fun and incident-free experience. This checklist will guide you through preparing for your beach day, practicing water safety on the sand and in the water, and knowing what to do in an emergency.

BEFORE YOU GO

- Check the Weather:** Always check the forecast to avoid any unexpected conditions.
- Know Which Beaches Have Lifeguards:** Choose destinations with lifeguard services for added safety.
- Bring Water Shoes:** Protect your feet from hot sand, sharp objects, or rocky underwater surfaces.
- Pack USCG Approved Life Jackets:** This is especially important for children or weak swimmers.
- Hydration and Sun Protection:** Pack plenty of water to avoid dehydration and bring sunscreen to prevent sunburn.
- Ensure Children Get Swim Lessons With Water Safety Instruction:** This can help you and them understand their limitations and abilities in the water and how to avoid water risks.

ON THE BEACH

- Identify Lifeguard Stations:** Always set up near a lifeguard stand for safety.
- Know the Beach Flags and Their Meanings:** Understand and obey the safety flags to stay aware of current conditions.
- Find Emergency Equipment:** Know the location of emergency equipment such as life rings or emergency contact points.
- Active Supervision:** Keep a constant watch on your children and never rely solely on lifeguards.
- Only Swim Sober:** Avoid alcohol; it impairs judgment, balance, and swimming ability.

IN THE WATER

- Swim Near a Lifeguard Stand:** Always swim in designated areas close to lifeguards.
- Always Swim with a Buddy:** Never swim alone, regardless of your swimming ability.
- Feet First Entry Only:** Always enter unknown water feet first to avoid head and neck injuries.
- Know Your Physical Limitations:** Don't push your limits.
- Avoid Rip Currents:** Learn how to spot rip currents and avoid swimming in these areas. If caught in one, swim parallel to shore until you can escape.
- Consider Flotation:** If you are at a surf beach, even good swimmers should consider taking something that floats into the water with them (life jacket, noodle, or another toy). Rip currents can kill when swimmers panic or get too tired.

EMERGENCY PLANNING

- "Look, Throw, Don't Go" for Emergencies:** If you see someone in trouble, alert a lifeguard or use a flotation device to assist them. Never attempt to rescue by entering the water.
- Know CPR:** Learning CPR and basic rescue techniques can be lifesaving in emergencies.
- Understand How to Respond if You are in Trouble:** If you find yourself in trouble, stay calm and signal a lifeguard, your swim buddy, or other bystander for help.

