



NEWPORT BEACH FIRE DEPARTMENT MARINE OPERATIONS

BEACH SAFETY

- Swim near a lifeguard
- Learn to swim
- Never swim alone
- Don't fight the current
- Never swim while intoxicated
- Leash your surfboard or body board
- Don't float where you can't swim
- Always wear lifejackets when boating
- Protect your neck from spinal injuries:
 - ◆ STOP, watch and walk into water
 - ◆ DON'T dive headfirst into any unknown water
 - ◆ DON'T dive toward the bottom into oncoming waves
 - ◆ DON'T stand with you back to the waves
 - ◆ DON'T jump or dive from a cliff, pier, jetty or bridge
 - ◆ Avoid bodysurfing, bodyboarding or surfing straight "over the falls." Ride the shoulder
 - ◆ In a "wipeout," land as flat as possible with your hands out in front of you
 - ◆ While bodysurfing, keep an arm out in front of you to protect your head and neck.
 - ◆ When in doubt, DON'T DIVE, play it safe!
- Always wear sunscreen when outdoors
- Be careful around BBQ or fire pits



If Caught in a Rip Current:

- ◆ Don't fight the current
- ◆ Swim out of the current, then to the shore
- ◆ If you can't escape, then stay calm and float or tread water
- ◆ If you need help, call or wave for assistance.

**Have a fun, safe day
at the Beach!**

Lifeguard Business: 949-644-3047
Fire and Medical Emergency: 9-1-1

Surf Report: 949-644-3171

Junior Lifeguards

www.nbjg.net