

# BEACH SAFETY TIPS

Jacksonville Beach utilizes a flag system to inform the bathers of the current ocean conditions. Flags are located along the beach at various boardwalk cross-overs.

In the absence of flags, bathers should use extreme caution when entering the water. Ocean conditions are continuously changing and even the best of swimmers can get caught in a dangerous situation.

For your safety, it is advised to **STAY OUT** of the water during **RED FLAG** warnings.

## Tips To Stay Safe In The Water:

- Never swim alone
- Heed to all the lifeguard's warning
- Ask the lifeguard where to swim before entering the water
- Always swim in front of a lifeguard
- Swim at your own risk, never underestimate the ocean's ability

## BEACH WARNING FLAGS

### Banderas De Advertencia En La Playa



### Water Closed to Public

Agua Cerrada al Público



### High Hazard

High Surf and/or Strong Currents

Peligro Alto, Resaca Alta y/o Corrientes Fuertes



### Medium Hazard

Moderate Surf and/or Currents

Peligro Medio, Resaca Moderada y/o Corrientes Fuertes



### Low Hazard

Calm Conditions, Exercise Caution

Peligro Bajo, Condiciones Calmas, Tenga Cuidado



### Dangerous Marine Life

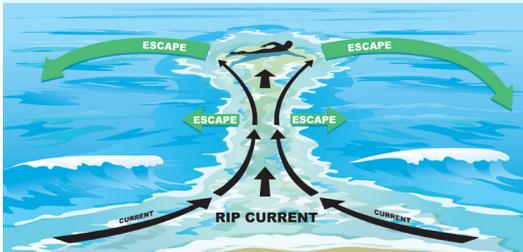
Vida Marina Peligrosa

### Absence of Flags Does Not Assure Safe Waters

La Ausencia de Banderas No Asegura Aguas Seguras

## RIP CURRENTS

### Break the Grip of the Rip!



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

[www.ripcurrents.noaa.gov](http://www.ripcurrents.noaa.gov)

## What are Rip Currents?

Rip currents are powerful channels of fast-moving water that usually flow away from the shore at extreme speeds. Rip currents can occur during both calm and rough conditions.

## How To Spot A Possible Rip Current

- No waves breaking in the area
- Unusual chopiness
- Discoloration of the water

If caught in a rip current, **DO NOT PANIC!** Swim parallel to shore until the current weakens and then back to shore.

# BEACH SAFETY TIPS

Heat emergencies are significant dangers of Florida's climate. The body's temperature rises dangerously high when humidity combines with hot air temperatures. Anyone can be a victim of a heat emergency, but children and elderly are more at risk.

## How to prevent a Heat Emergency:

- Stay cool
- Drink lots of fluids
- Wear sunscreen
- Wear the right clothes

Anyone who starts experiencing headache, nausea, dizziness, dry/sticky mouth, and/or heavy sweating should seek medical assistance immediately by calling 911 or the nearest lifeguard.



Jacksonville Beach Lifeguards and the local National Weather Station work closely together to help ensure bathers and beachgoers are alerted on approaching dangerous weather conditions.

Never swim when lightning or a storm is approaching the area. When you hear thunder and/or see lightning, **GET OUT OF THE WATER, LEAVE THE BEACH AND SEEK SHELTER IMMEDIATELY!**



In the event of a lost child, please seek the nearest Lifeguard, immediately!  
In the absence of a lifeguard, call **911!**

## Important Jacksonville Beach Numbers:

Jacksonville Beach Lifeguard Station: **(904) 249-9141**

Jacksonville Beach Police/Fire Non-Emergency: **(904) 270-1661**

Jacksonville Beach Parks & Recreation: **(904) 247-6236**



**IN CASE OF A LAND OR WATER EMERGENCY, CALL 911!**

