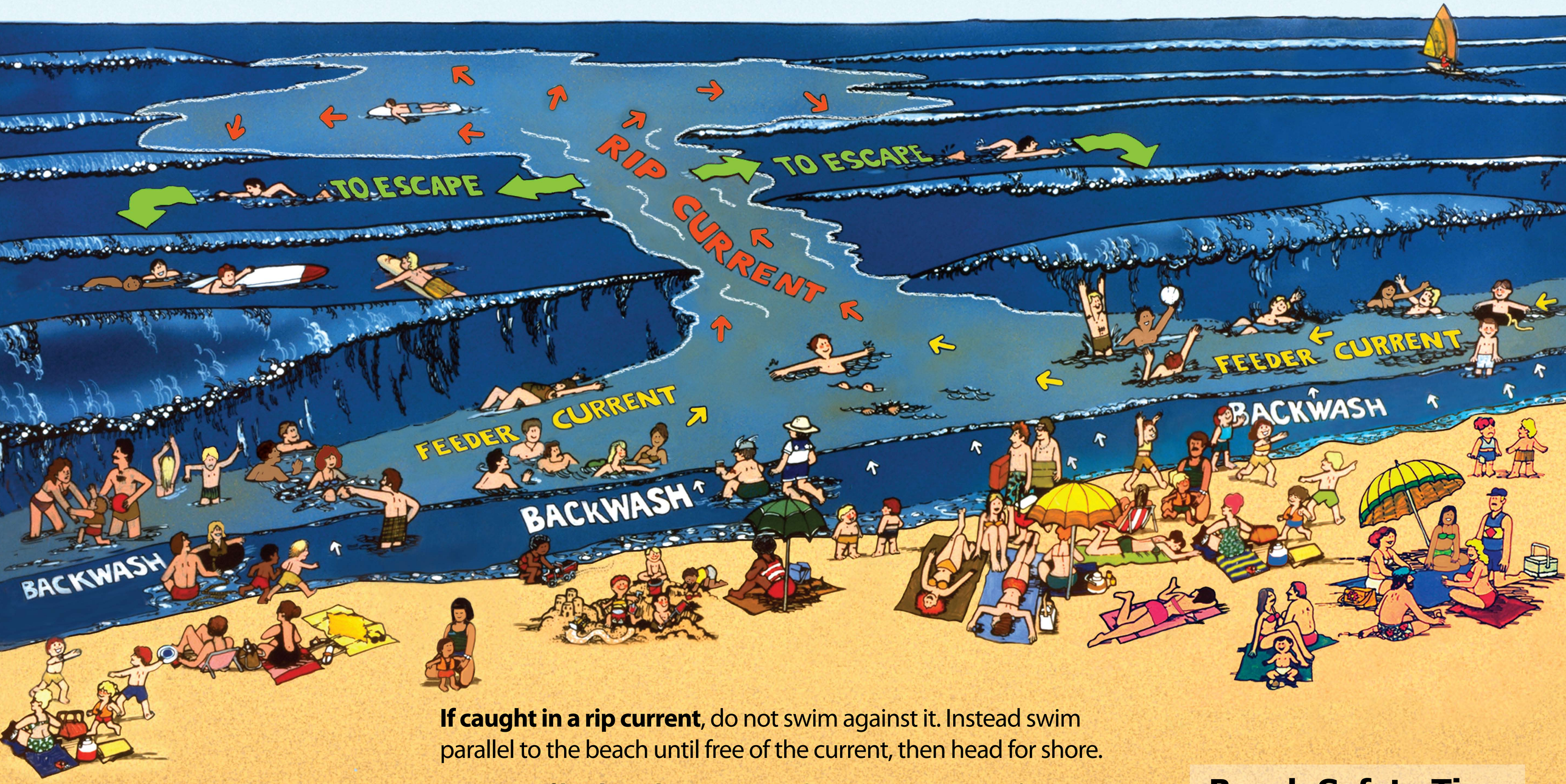
Be Safe at the Beach





Do not dive head first into the surf.
Divers may hit hidden rocks or the shallow bottom, resulting in paralysis or death.

If caught in a rip current, do not swim against it. Instead swim parallel to the beach until free of the current, then head for shore.

Be wary of backwash. Even normal waves can create a dangerous rush of water that can knock you off your feet and pull you out into the ocean.

Always keep an eye on the surf. Large waves can break and rush much further up the beach than other waves, knocking you down and pulling you into deeper water.

If you see someone in trouble, get help from a lifeguard or call 9-1-1. Remember, many people drown while trying to save someone else.

Beach Safety Tips:

- Know how to swim.
- Never swim alone.
- Swim near a lifeguard when possible.
- Obey all instructions from lifeguards.

If in doubt, don't go out!

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