



# BEACH SAFETY

Prevent drowning.  
**Never swim alone.**



Children and adults drown without a sound. Drowning is the leading cause of accidental death for children under the age of five and can happen in less than two inches of water.



Orange County  
Fire Authority  
714 573 6200  
[ocfa.org](http://ocfa.org)



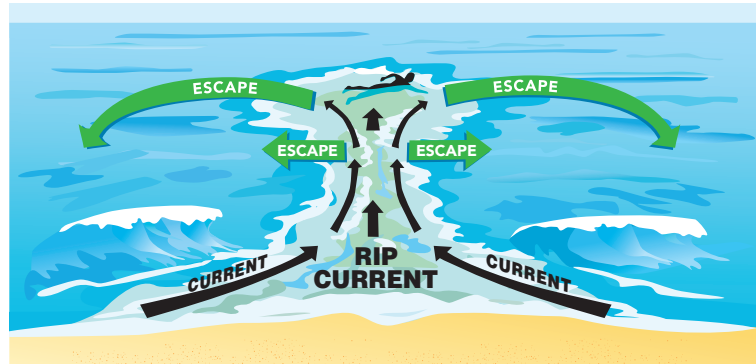
## For your safety, beware of hazards.

- If in doubt, don't go out. Ask the lifeguard about rip currents and other hazards as they are not always easily identifiable.
- Obey posted warning signs and flags.
- Check weather, water, and surf conditions; storms can stir up bacteria, rip currents, and other dangers.
- Shuffle feet when walking into the water to prevent stingray injuries.

## Children and adults drown without a sound.

- Keep small children and inexperienced swimmers within reach. Flotation devices are not a substitute for active adult supervision.
- Learn to swim.
- Use boogie boards/surfboards with leashes in designated areas.
- Choose to swim near a lifeguard and never swim alone. If no one is with you, no one can help save you.

## Break the grip of the RIP.



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

### How to identify a rip current:

- A channel of churning, choppy water
- An area having a notable difference in color, parallel to the shoreline
- A line of foam, seaweed, or debris moving steadily out to sea
- A break in the incoming wave pattern

### How to survive a rip current:

- Remain calm.
- Don't fight the current. Swim out of the current by swimming to the side.
- If you can't escape, float or tread water.
- If you need help, call or wave for assistance.

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

[ocfa.org](http://ocfa.org) • [usla.org](http://usla.org) • [ripcurrents.noaa.gov](http://ripcurrents.noaa.gov)