Beach Safety

SOS Swim

Sun Protection
Important for Everyone Especially Little Ones

- Apply a minimum of SPF 15 water-proof sunscreen 30 minutes before going out in the sun. Reapply every 45 minutes
- A hat and UV-protection sunglasses are essential. Polarized
- sunglasses are essential. Polarized glasses allow for better visibility and less eye fatigue for supervisors.
- The sun's rays are strongest between 10 a.m. and 2 p.m.
- Remember, you can get sunburned even on cloudy days

BEACH BATHING SUIT
- When you are at the beach make sure your child is dressed in bright colors, so he/she is easier to spot in a crowd of people
- Designate a specific colored "beach bathing suit," take a picture of you child wearing it and bring the picture with you to the beach
- If you child is ever lost you can show others exactly what your child looks like and the what he/ she is wearing

CELL PHONE
- You cell phone is important at the beach
- Protect it from the salt and sand by putting it in a plastic bag
- Store the number of the central life guard station in your phone

KNOW YOUR LOCATION
- Know your location points at the beach, there are not street numbers in the sand

LIFE GUARD TOWER
- When you first arrive at the beach, locate the guard tower and set up near it.
- Check with the guard on duty about existing condition such as rip currents, run outs, jelly fish, etc.
- Introduce your child to the guard

RIP CURRENTS
- If your child is caught in a rip current, instruct him/her to not panic and swim parallel to the shore until the current releases him/her

REMAIN WITHIN *10 FEET* OF YOUR CHILD AT THE BEACH

- Waves, currents and undertows can happen in an instant
- Keep in mind that if your child is standing in 12-18 inches of water, a two-foot wave will bring the water completely over his/her head.
- Make sure your child remains in only knee depth water

BEACH WARNING FLAGS
BANDERAS DE ADVERTENSIA EN LA PLAYA

Water Closed to Public
Agua Cerrada al Publico

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

EDUCATE YOUR CHILD
Teach your child survival swimming skills. Infants as young as 6 months can learn to Rollback-to-Float providing valuable moments. Children as young as 1 year can learn to Swim-Float-Swim to safety.

www.SOSswim.com