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## 1. Water & Swimming Safety

- **Swim Near Lifeguards:** Only swim at beaches patrolled by professional lifeguards. Check their operating hours before entering the water.
- **Understand Beach Flags:**
  - ● **Red Flag:** High hazard (Do not enter the water).
  - □ **Yellow Flag:** Medium hazard (Swim with caution).
  - □ **Green Flag:** Low hazard (Safe conditions, but remain alert).
- **Escape Rip Currents:** If caught in a strong current, **do not swim against it**. Swim parallel to the shore until you are out of the current, then swim back to land at an angle.
- **Never Swim Alone:** Always use the "Buddy System." Ensure someone is watching you at all times.
- **Don't Dive Headfirst:** Sandbars can shift and water may be shallower than it looks. Always enter the water feet-first.

## 2. Environmental & Weather Safety

- **Check Local Forecasts:** Always check the weather for storms, high winds, or lightning alerts before heading out.
- **Sun Protection:** Apply broad-spectrum SPF 30+ sunscreen every 2 hours and immediately after swimming. Wear UV-protected sunglasses and wide-brimmed hats.
- **Stay Hydrated:** Heatstroke can happen quickly. Drink plenty of fresh water, even if you don't feel thirsty.
- **Avoid High Tides:** Be aware of the tide schedule so you don't get trapped by rising water against cliffs or rocky walls.

## 3. Marine Life Awareness

- **Look but Don't Touch:** Avoid touching jellyfish, sea urchins, or coral reefs. Even dead jellyfish can still sting.
- **Shuffle Your Feet:** In areas known for rays or crabs, shuffle your feet while walking in shallow water to alert them of your presence and avoid being stung or pinched.
- **Wear Water Shoes:** Protect your feet from sharp rocks, broken shells, or hidden sea creatures by wearing appropriate aquatic footwear.

## 4. Personal Safety & Conduct

- **Supervise Children:** Keep children within arm's reach at all times near the water. A child can drown in seconds, even in shallow water.
- **Avoid Alcohol:** Alcohol impairs judgment, balance, and swimming ability. Never drink before or during swimming or boating.
- **Secure Your Belongings:** Use a waterproof pouch for your phone and ID. Do not leave valuables unattended on your towel.

- **Emergency Contact:** Know the local emergency number (e.g., 911 or local coast guard) and the exact name/location of the beach you are visiting.

## 5. "Leave No Trace" Policy

- **Dispose of Trash:** Use designated bins for all litter. Plastic bags and straws are deadly to sea turtles and birds.
- **Respect Dunes:** Stay on marked paths. Walking on sand dunes destroys vegetation that prevents coastal erosion.