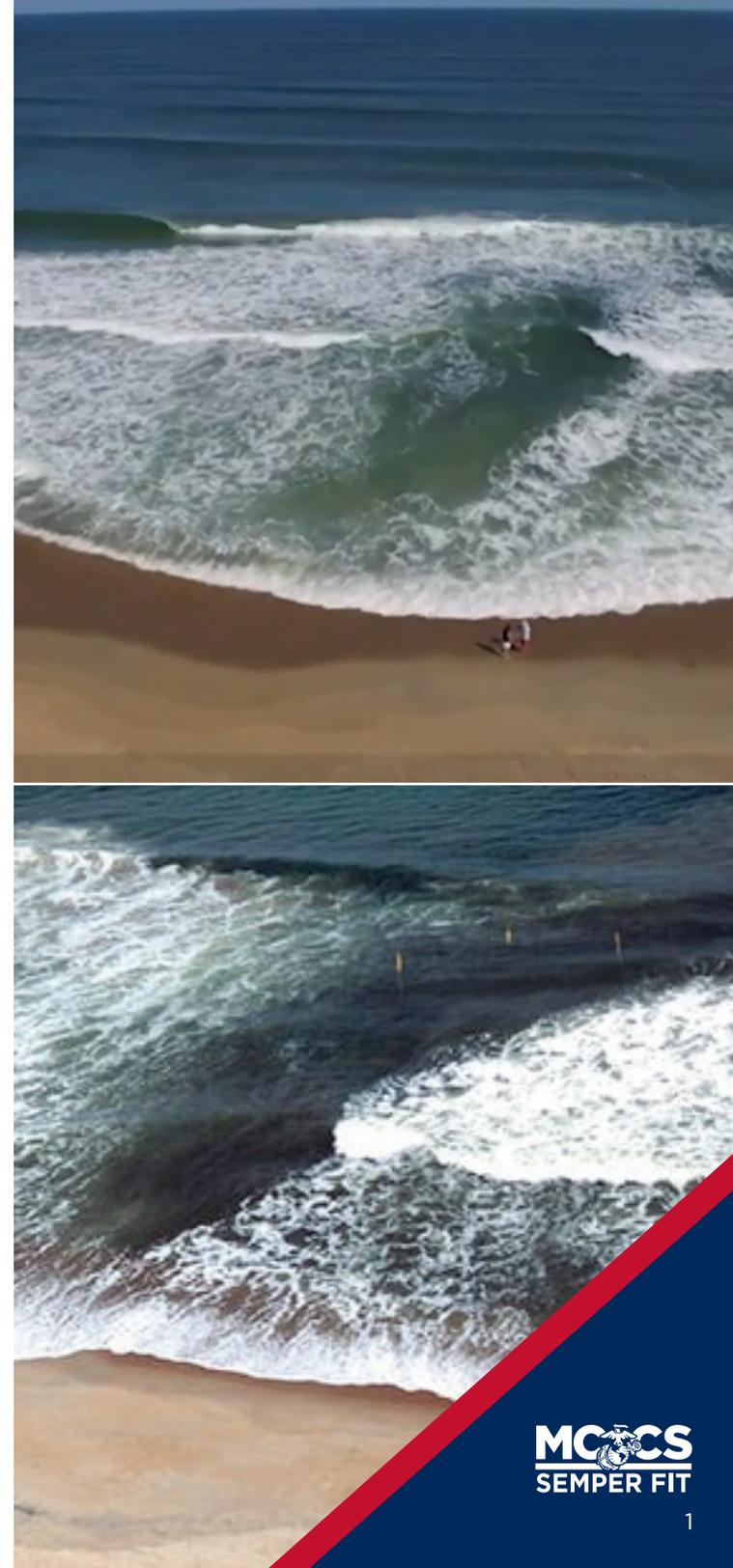




CAMP PENDLETON
SAFETY BRIEF

SAFETY BRIEF **RIP CURRENT**

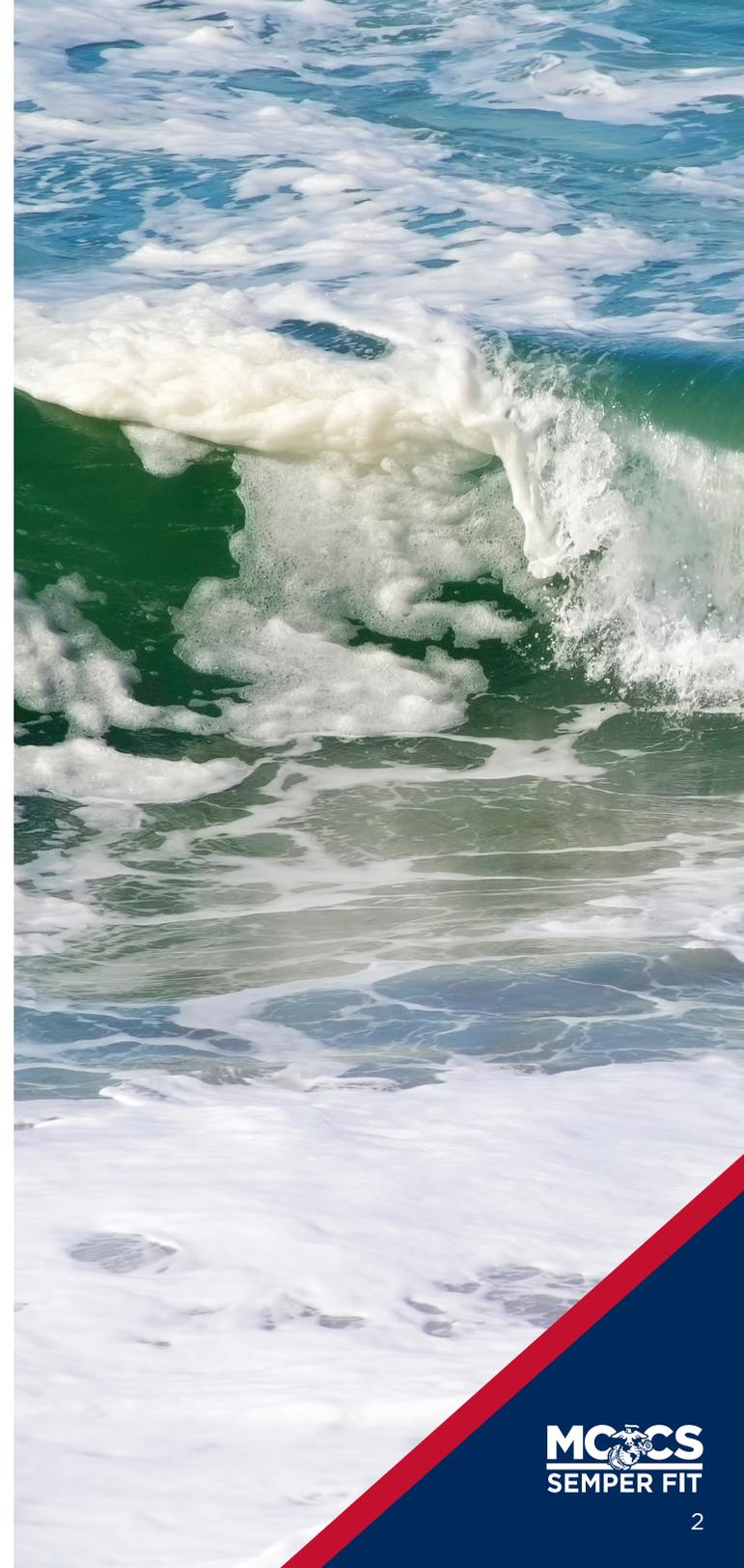
- A Rip Current is a narrow surface current of water moving seaward.
- The rip is generally between 50 feet and 50 yards wide and can flow up to hundreds of yards past the surfline.
- Rip Currents can generate speeds in excess of 3 knots and can pull even the strongest swimmers off shore.



SAFETY BRIEF **RIP CURRENT**

FACTS

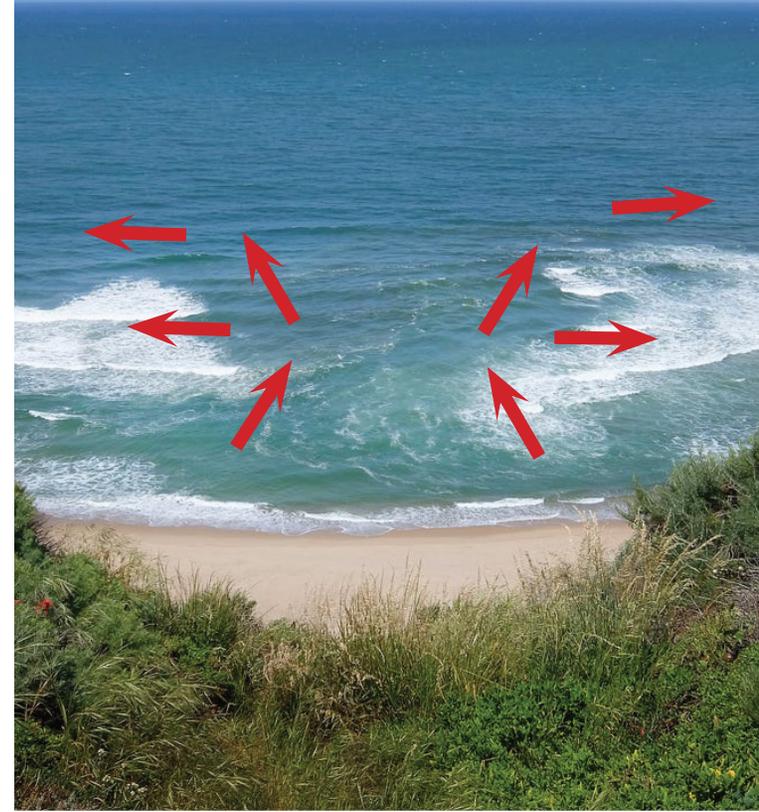
- The Camp Pendleton Lifeguard Service accounts for over 5,360 Rip Current related rescues within the past 10 years (6,700 total).
- The National Weather Service indicates that Rip Currents are the most deadly weather related event claiming more lives annually than hurricanes, tornadoes, and lightning combined.



SAFETY BRIEF **RIP CURRENT**

RECOGNITION

- A Rip Current can often be identified by foamy, choppy, or discolored water.
- An additional identifier may include a visible depression in the height of advancing waves.



SAFETY BRIEF **RIP CURRENT**

AVOIDANCE

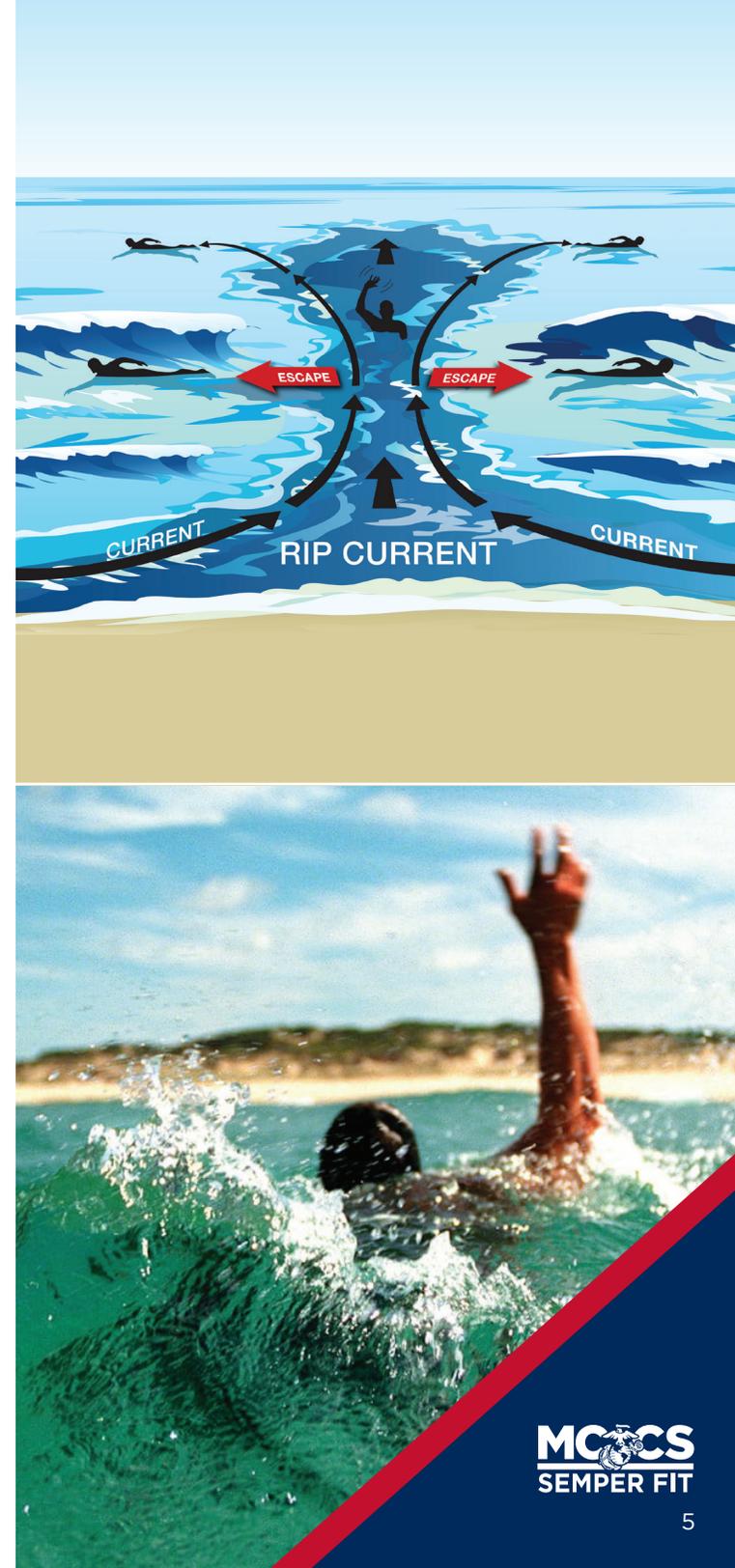
- The onset of Rip Current formation can occur with little or no warning.
- The best way to avoid their dangerous pull is to check with lifeguards prior to swimming, and of course always...
- **Swim near a Lifeguard**



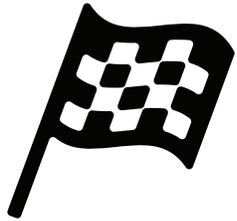
SAFETY BRIEF **RIP CURRENT**

SURVIVAL

- If caught in a Rip Current do not panic!
The current will not pull you under.
- Swim or wade sideways across the current until out of its pull. Or ride the current out beyond the sandbar, then swim toward shore at an angle.
- Raise your arm if you need assistance.

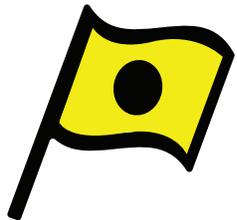


SAFETY BRIEF **SAFETY REGULATIONS**



BLACK & WHITE CHECKERED FLAG

Swimming/Bodyboarding zones are designated by this flag. When these checkered flags are posted, swimming, bodyboarding, and wading are allowed between the checkered flags only.



BLACKBALL FLAG

If this flag is flying within the swimming/bodyboarding zone, no surfing or other hardboards are allowed. Surfing and other hardboard sports are allowed outside the swimming/bodyboarding zone.

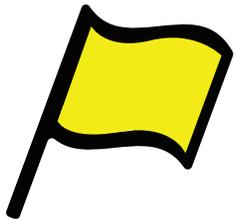


SAFETY BRIEF **SAFETY REGULATIONS**



RED FLAG

This flag indicates the beach is closed for swimming. This could be the result of contamination, heavy surf, or fog. Check with lifeguards for updates.



YELLOW FLAG

This flag indicates to exercise caution. Public announcements will be made, advising beach users of conditions. Check with lifeguards for updates.



SAFETY BRIEF **SAFETY REGULATIONS**

- Lifeguards ask that you only have campfire in designated fire rings
- Do not have campfires on the open beach, or bury coals in the sand.



SAFETY BRIEF **SAFETY REGULATIONS**

- Lifeguards ask that you not bring your vehicles, glass bottles or any pets on the beach.
- Please drink in moderation, being out in the sun only dehydrates you more.



SAFETY BRIEF **AQUATIC LIFE**



- **JELLYFISH** are a common visitor to our shores. If you see one in the water or on the beach, keep clear of it!



- **STING RAYS** are in shallow, warm water. It is best to shuffle your feet while walking out in the water.

If stung by either animal, please see a lifeguard immediately!



SAFETY BRIEF **AQUATIC LIFE**

SEAL LIONS and **DOLPHINS**

are commonly seen on the coastline. If you come in to contact with either please stay clear.



SAFETY BRIEF **AQUATIC LIFE**

- **SHARK ATTACK**

Water closure status. Close water for at least 48 hours one mile in each direction from attack.

- **SHARK SIGHTING**

Aggressive shark: Warning status

Warning of aggressive shark for 48 hours one mile in each direction of encounter.

Non Aggressive: Advisory status.

Advisory of shark sighting for 48 hours.



SAFETY BRIEF **AQUATIC LIFE**



SAFETY BRIEF **AQUATIC LIFE**



1. Great White Shark



4. Sea Lion



2. Cormorant Bird



5. Great White Shark



3. Dolphin



6. Orca

SAFETY BRIEF **BOATING & WAVERUNNER SAFETY**

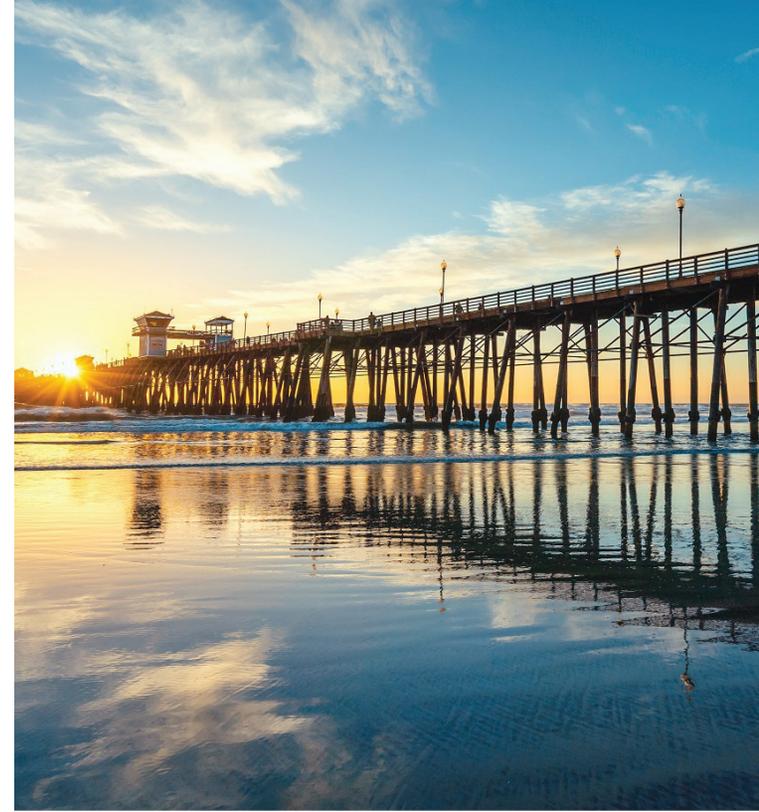
- Please keep all boats and waverunners 200 meters outside the surf-line, and always wear your life jacket.
- Lifeguards use waverunners for rescue operations to keep swimmers and boaters safe.



SAFETY BRIEF **JETTIES & PIERS**

RECOGNITION

- While swimming, surfing, or bodyboarding, please keep clear of jetties and piers.
- Waves can push you into these obstacles, and can create bodily injury.



SAFETY BRIEF **SWIMMING SURFING & BODYBOARDING**

- Please know your limitations while in the water.
If you're not an experienced ocean swimmer, please stay waist deep or less.
- While surfing always use a leash and keep clear of swimmers and bodyboarders.
- When bodyboarding, always use swim fins and a leash.



SAFETY BRIEF **SKIN CARE & PREVENTION**

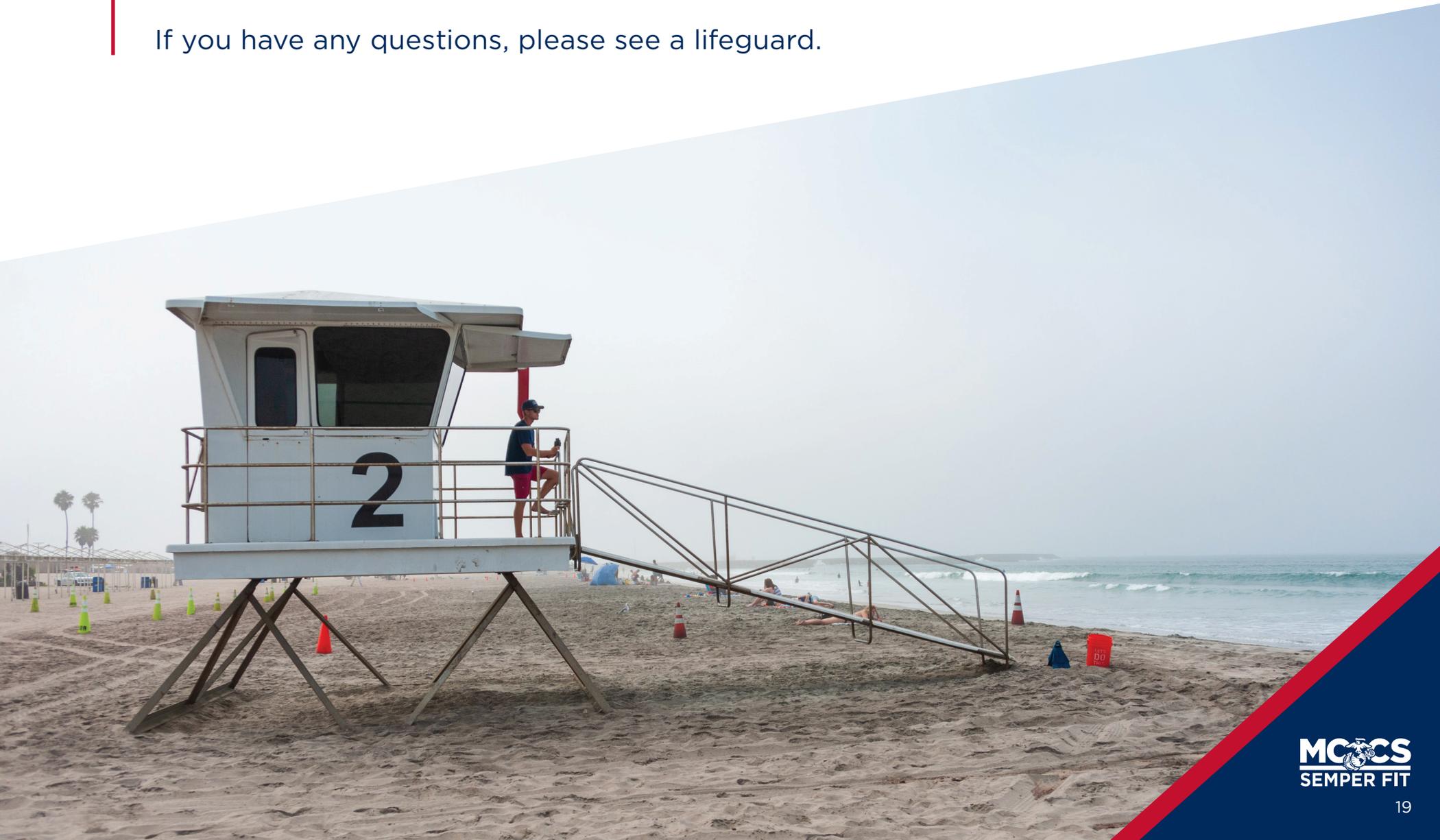
- Always use a sunblock of SPF 30 or higher.
- Apply sunscreen numerous times throughout the day
- When outdoors, always wear a wide brimmed hat.



SAFETY BRIEF

While at the beach enjoy your stay.

If you have any questions, please see a lifeguard.



SAFETY BRIEF

USLA.org

For additional Information or to take a virtual tour of a rip current, visit the web site of the United States Lifesaving Association (USLA).

