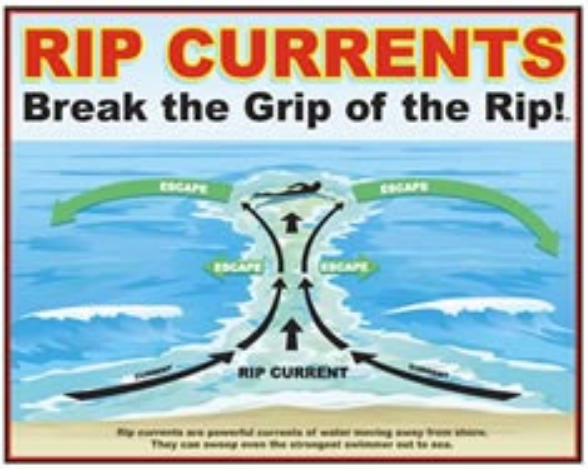
NEWPORT BEACH FIRE DEPARTMENT

BEACH SAFETY

- Swim near a lifeguard.
- Learn to swim.
- Never swim alone.
- Don't fight the current.
- Never swim while intoxicated.
- Leash your surfboard or bodyboard.
- Don't float where you can't swim.
- Always wear lifejackets when boating.
- Protect your neck from spinal injuries.
  - STOP, watch, and walk into the water.
  - DON'T dive headfirst into any unknown water.
  - DON'T dive toward the bottom into oncoming waves.
  - DON'T stand with your back to the waves.
  - DON'T jump or dive from a cliff, pier, jetty or bridge.
  - Avoid bodysurfing, bodyboarding or surfing straight "over the falls." Ride the shoulder.
  - In a "wipeout," land as flat as possible with your hands out in front of you.
  - While bodysurfing, keep an arm out in front of you to protect your head and neck.
  - When in doubt, DON'T DIVE, play it safe!
- Always wear sunscreen when outdoors.
- Be careful around the BBQ or fire pits.



If Caught in a Rip Current:

- Don't fight the current
- Swim out of the current, then to shore
- If you can't escape, then stay calm and float or tread water
- If you need help, call or wave for assistance

Newport Beach Fire Department
www.nbfd.net

Lifeguard Business 949-644-3047
Fire or Medical Emergency 9-1-1

Surf Report: 949-673-3371
Junior Lifeguards: 949-675-8420

Have a fun, safe day at the Beach!