

## *Beach & Water Safety Tips*



- **Water Safety Tips**
- Don't enter the water if you can't swim.
- Swim near a lifeguard. United States Lifesaving Association statistics show that substantially more drownings occur in areas where there are no lifeguards.
- Ask the lifeguard about any dangers in the water or on the beach, especially if he or she is flying a yellow caution flag.



- Be aware of direction and strength of longshore currents. These currents can take you up and down the beach quickly and cause you or your kids to get become lost.

- **Beach Safety Tips**
- Apply plenty of sunscreen and reapply it throughout the day. Remember trouble spots such as the ears, feet, and nose. Even cloudy days allow the sun's harmful rays to cause sunburn.
- Wear sunglasses. The sun's rays can cause serious eye damage.
- Drink plenty of water. The hot summer days can dehydrate you very quickly.
- Be aware of the rules and regulations of the beach. Signs are posted near most beach accesses.
- Don't leave your kids unsupervised, even in guarded areas. They may wander and become lost.
- Find the nearest lifeguard if you or someone in your group becomes lost.
- Report any hazardous beach conditions to the nearest lifeguard.

- Don't let your kids swim unsupervised, even in guarded areas.
- Don't swim alone. Use the buddy system so that someone always knows where you are so they can get help if needed.
- Don't overestimate your swimming ability. Stay in chest deep or less water to insure you don't get stuck in water over your head.
- Don't rely on flotation devices.
- Swim parallel to shore if you want to swim long distances.
- Don't swim against the current. Swim across the current to escape the pull.
- Always swim sober.
- Don't dive into unknown water or shallow breaking waves. Always go feet first. This will help you avoid spinal injuries.
- Know the name of the beach or hotel/condo and the Beach Marker Number where you are staying, so the lifeguard can better assist if you are lost.
- There are often jellyfish and stingrays as well as other sea life in the water which may sting or cut a person. Other problems may occur on the beach or in the water which may require first aid. In any situation where first aid is needed, find a lifeguard or seek further medical attention.
- Report any hazardous water conditions to the nearest lifeguard.
- Call or wave for help if you are in trouble.

### *Beach Marker Signs*



access points.

Hilton Head's beaches are marked with signs to let emergency responders know where anyone who needs help is on the beach. They are also useful to help you find your place if you are lost on the beach. It is helpful for everyone in your group to know the marker where you are staying, so that you can return on your own or tell beach patrol personnel so they can get you back to the right place. The markers, shown in the picture, sit near the dune line and are placed approximately a tenth of a mile apart and at most beach

The marker shown in this picture, "57," is only an example for illustrative purposes. Please note the marker number at the base of the beach path when you go to the beach.