

SOME BIG SURF SAFETY TIPS:



- * **NEVER** turn your back on the ocean!
- * Swim at beaches **WITH** lifeguards
- * **CHECK** with lifeguards for conditions
- * **READ** and **OBSERVE** posted sign warnings



- * **WATCH** children carefully and **HOLD** on to the younger ones.
- * **NEVER** attempt to swim at the water's edge during big surf.
- * **WATCH** the surf for at least 15 minutes before entering the water.
- * **NEVER** rely on your board or leash as a substitute for swimming ability.
- * **NEVER** surf or bodyboard in big waves unless you are an expert.
- * **NEVER** swim in big surf if you are not a strong swimmer.
- * **DON'T** drink alcohol or do drugs and swim



- * Be **PREPARED** for a wipeout!
- * **IF IN DOUBT, DON'T GO OUT!**

