

# Are You Wave Safe?



**NATIONAL WEATHER SERVICE**

- Always respect the power of the ocean
- Choose guarded beaches when possible
- Check your local weather and tides, observe conditions before entering water and throughout the day
- When entering the water, turn knees and hips sideways to help keep your balance
- Duck under waves, do not dive
- Never turn your back on the waves
- Keep children within arms reach and never take your eyes off of them
- Protect yourself before helping others

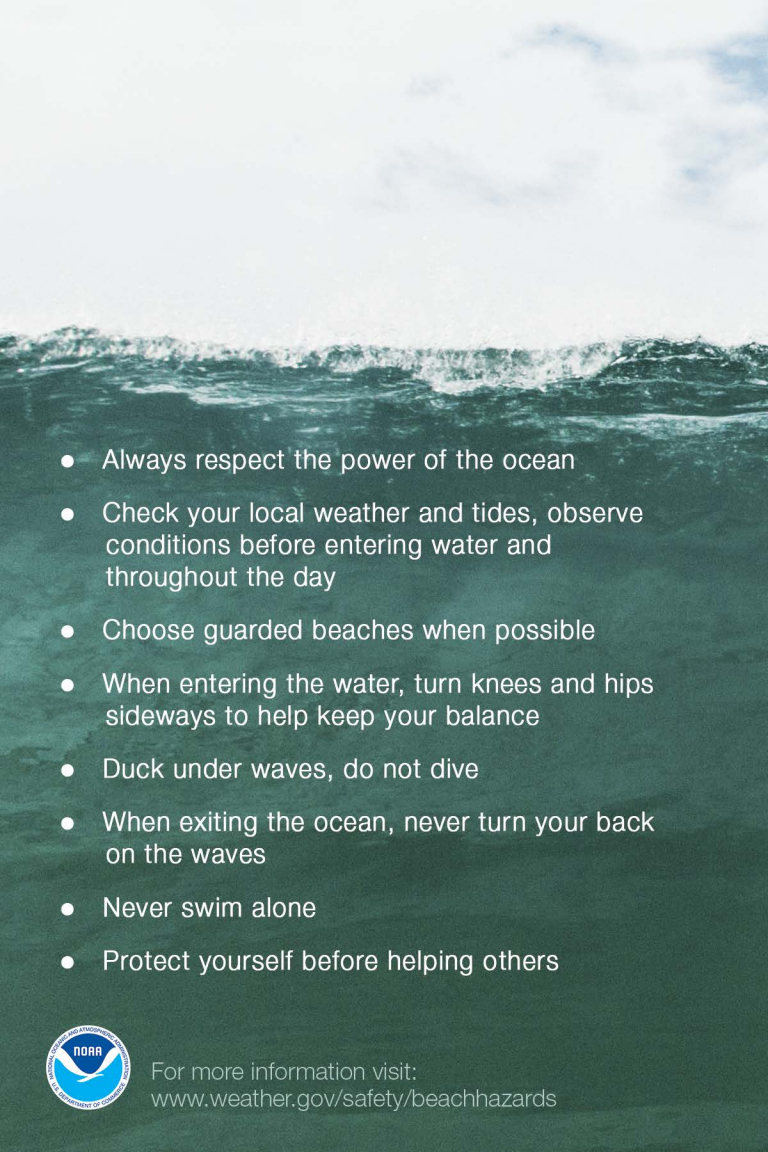


For more information visit:  
[www.weather.gov/safety/beachhazards](http://www.weather.gov/safety/beachhazards)

# Are You Wave Safe?



**NATIONAL WEATHER SERVICE**

- 
- Always respect the power of the ocean
  - Check your local weather and tides, observe conditions before entering water and throughout the day
  - Choose guarded beaches when possible
  - When entering the water, turn knees and hips sideways to help keep your balance
  - Duck under waves, do not dive
  - When exiting the ocean, never turn your back on the waves
  - Never swim alone
  - Protect yourself before helping others



For more information visit:  
[www.weather.gov/safety/beachhazards](http://www.weather.gov/safety/beachhazards)