Are You Wave Safe?
• 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
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- Duck under waves, do not dive
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- Never swim alone
- Protect yourself before helping others

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