

# WAVE SAFE

## QUICK REFERENCE GUIDE

### THREE KEYS TO STAYING SAFE



1. **Respect the ocean** / open water
2. **Stay aware** at the shore
3. **Take Ten:** Protect yourself *first* to save others

### LEARN ABOUT POSSIBLE HAZARDS



- Sneaker Waves
  - Shore Break
  - Rip Currents
  - Powerful Waves
  - Dangerous Currents
  - Cold Water
  - Steep Cliffs
  - Jetties and Piers
  - Sandbars
- See “Additional Resources”

### WHEN YOU ARRIVE: SURVEY THE SCENE AND MAKE A PLAN



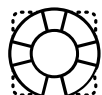
From a safe and dry place away from the water, survey the scene and make a plan with your family/friends:

- **Survey the area**, looking at the weather and water since conditions at the shore are always changing
- **Know the name of the specific beach** you are on
- **Look for lifeguards** and **make guarded beaches your first choice** if you plan to get into the water
- **Look for where to get help** and **where to safely exit** the beach
- **Make a plan with your family/friends** about

where you plan to be and where to meet if anyone is separated

- **Look for warning signs or flags** that may alert you to specific dangers, e.g. shore break, submerged objects, strong currents; Lack of signs does **not** mean that there are no dangers
- **Stay situationally aware** at all times when you are near the water because weather, wind, waves and water are constantly changing from day to day and minute to minute

### IF YOU SEE SOMEONE IN TROUBLE



Before you act, “**Take Ten**” — a quick pause for the best actions to protect yourself first so you can help save others:

- **Signal to a lifeguard** or another adult to call 911
- **Look for something that floats** to throw to someone in trouble or something that will help you reach them while you stay safe on shore
- **Keep your eye on the victim**
- **Never charge into the water** without a floatation device, proper training and support

### IF YOU’RE IN TROUBLE



- **Relax** and stay calm
- **Float** on your back and **signal** to others on shore

### ADDITIONAL RESOURCES



- NOAA Ocean Today Wave Safe and Rip Current Survival Guide video collections: <https://oceantoday.noaa.gov/every-full-moon/>
- NOAA Beach Hazards and Safety website: <https://www.weather.gov/safety/beachhazards>