



## CITY OF SAN DIEGO Water Safety Days

### 2015 Schedule

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Saturday, May 23:	Mission Beach Lifeguard Tower
Saturday, June 13:	La Jolla Cove
Sunday, June 21:	Mission Beach Lifeguard Tower
Sunday, July 5:	Mission Beach Lifeguard Tower
Saturday, July 18:	La Jolla Cove
Saturday, August 8:	Mission Beach Lifeguard Tower
Monday, August 17:	Ocean Beach Lifeguard Tower – Jr Lifeguard Pier Jump
Saturday, September 5:	Mission Beach Lifeguard Tower

*\* Schedule subject to change. Please see [www.sandiego.gov/lifeguards](http://www.sandiego.gov/lifeguards) for complete schedule and updates*

### **Beach and Water Safety Tips**

1. **Learn To Swim:** Learning to swim is the best defense against drowning. Teach children to swim at an early age. Children who are not taught when they are very young tend to avoid swim instruction as they age.
2. **Swim Near a Lifeguard:** The chance of drowning at a beach without lifeguard protection is almost five times as great as drowning at a beach with lifeguards. The U.S. Lifesaving Association has calculated the chance that a person will drown while attending a beach protected by USLA affiliated lifeguards at 1 in 18 million (.0000055%).
3. **Swim with a Buddy:** Many drownings involve single swimmers. When you swim with a buddy, if one of you has a problem, the other may be able to help. At the very least, have someone onshore watching you.
4. **Check with the Lifeguards:** Lifeguards can advise you on the safest place to swim, as well as places to avoid. They want you to have a safe day. Talk to them when you first arrive at the beach and ask for their advice.

5. **Learn Rip Current Safety:** US Lifesaving Association has found that some 80% of rescues by USLA affiliated lifeguards at ocean beaches are caused by rip currents. If you are caught in a rip current, remain calm and don't fight it by trying to swim directly to shore. Instead, swim parallel to shore until you feel the current relax, and then swim to shore. Most rip currents are narrow and a short swim parallel to shore will bring you to safety.
6. **Enter Water Feet First:** Serious, lifelong injuries occur every year due to diving headfirst into unknown water and striking the bottom. Bodysurfing can result in a serious neck injury when the swimmer's neck strikes the bottom. Check for depth and obstructions before diving, then go in feet first the first time; and use caution while bodysurfing, always extending a hand ahead of you.
7. **Obey Posted Signs and Flags:** Read the signs when you first arrive and please follow their direction. Flags may be flown by lifeguards to advise of hazards and regulations that change from time to time. You can usually find informational signs explaining the meaning of the flags. Or just ask the lifeguard.
8. **Wear a Life Jacket:** In a boating accident, your chances of avoiding injury or death are greatly improved if you wear an approved life jacket.
9. **At Home You're the Lifeguard:** The CDC reports that drowning for children ages 1 to 4 are most likely to happen in a pool. Many of these deaths occur in the few moments it takes a parent to answer a telephone or doorbell. NEVER leave a child alone anywhere near a pool. Make sure it is completely fenced, that the fence is locked, and that there is no access from the home to the pool. Don't let your children get into the pool when you're not there.
10. **Use Sunscreen and Drink Water:** Everyone loves a sunny day, but exposure to the sun affects your body. Without sunscreen, you can be seriously burned. The sun's rays can also cause life-long skin damage and skin cancer. To protect yourself always choose "broad spectrum" sunscreen rated from 15 to 50 SPF, or clothing that covers your skin, and reapply sunscreen regularly throughout the day. The sun can also dehydrate you quickly. Drink lots of water and avoid alcohol, which contributes to dehydration. Lifeguards treat people for heat exhaustion and heat stroke from time to time. If you feel ill, be sure to contact a lifeguard.
11. **Keep the Beach and Water Clean:** Nobody likes to see the beach or water littered with trash. Do your part. Pick up after yourself and even others. Everyone will appreciate it.