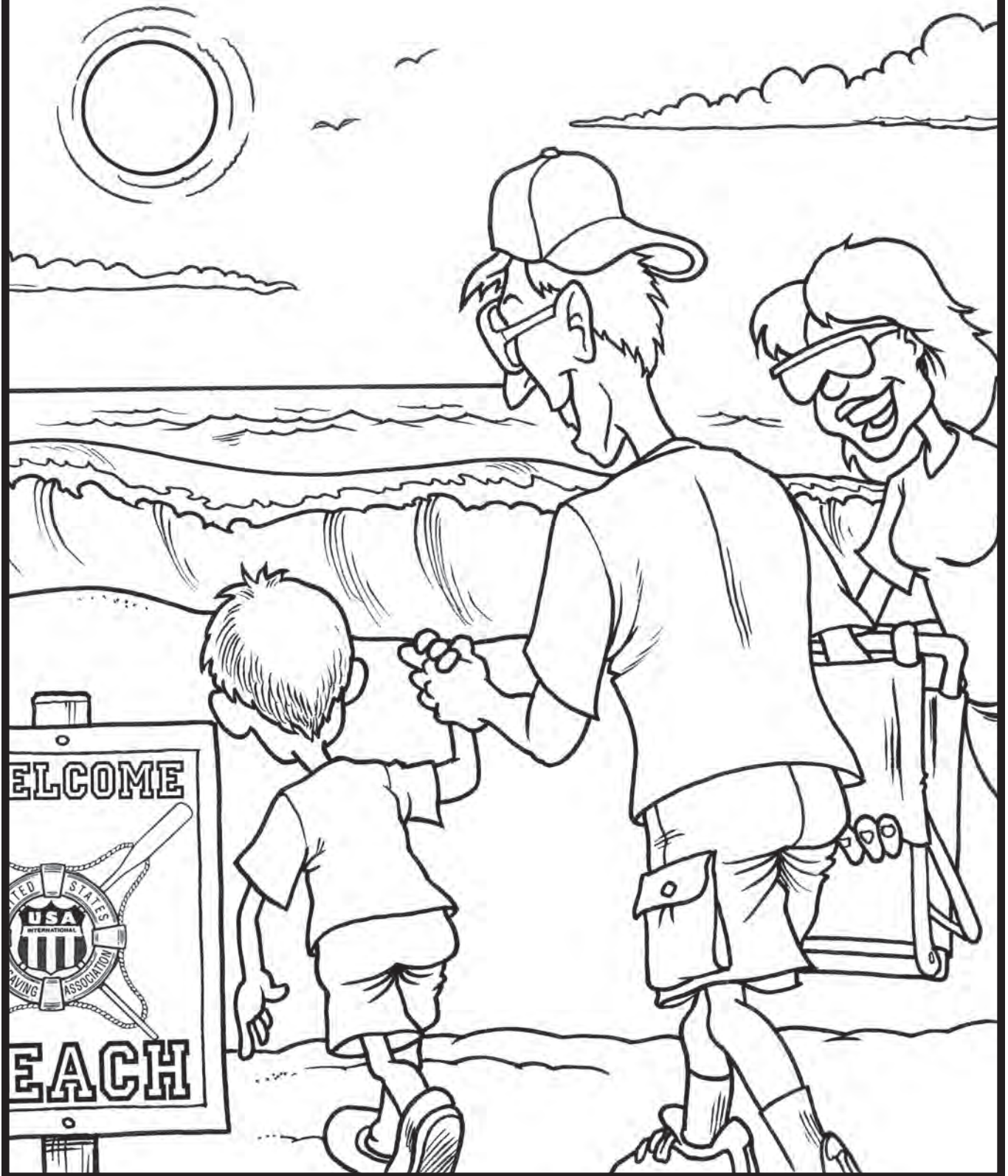


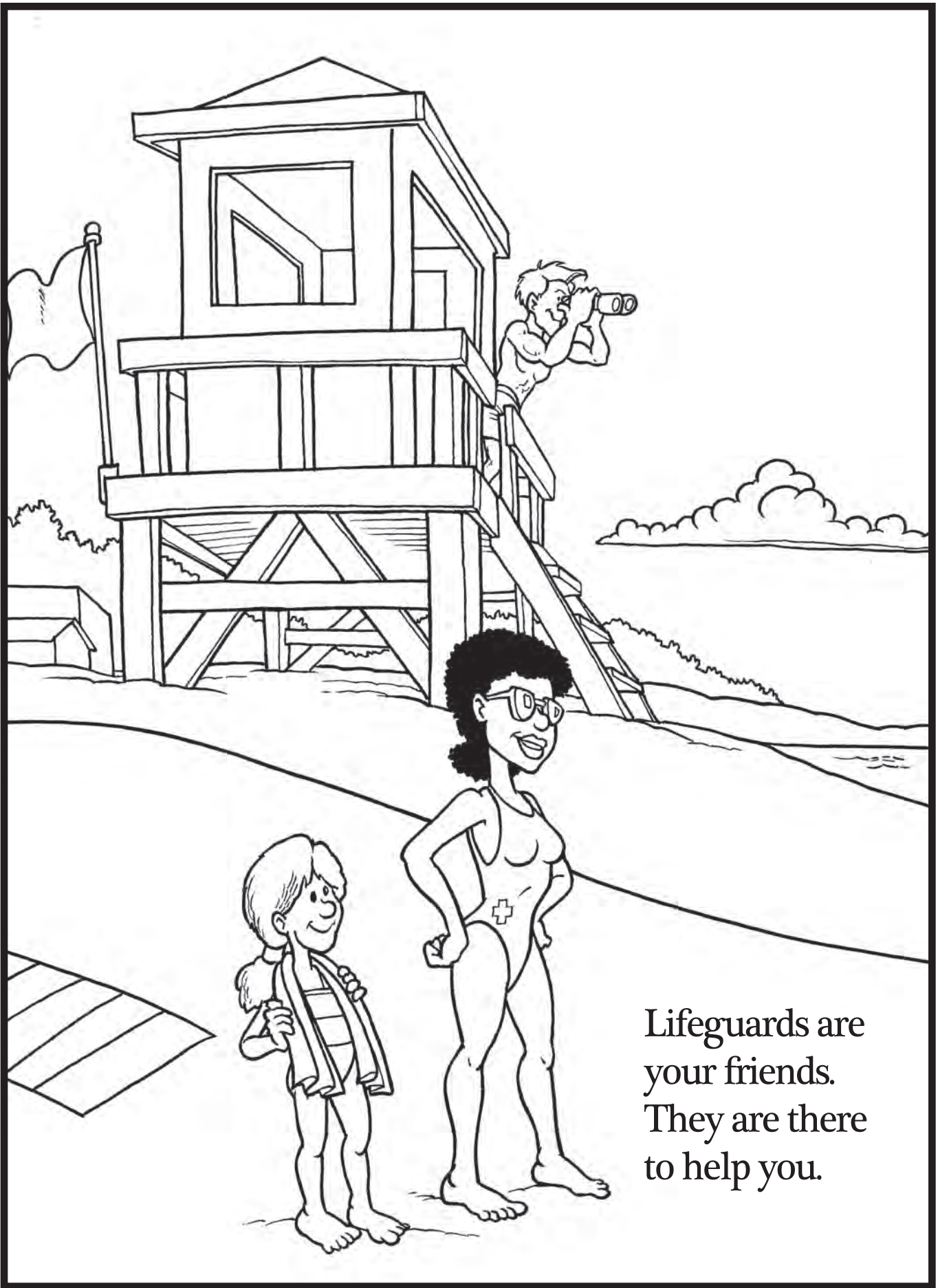
A FUN AND SAFE DAY AT THE BEACH

PRESENTED BY THE UNITED STATES LIFESAVING ASSOCIATION



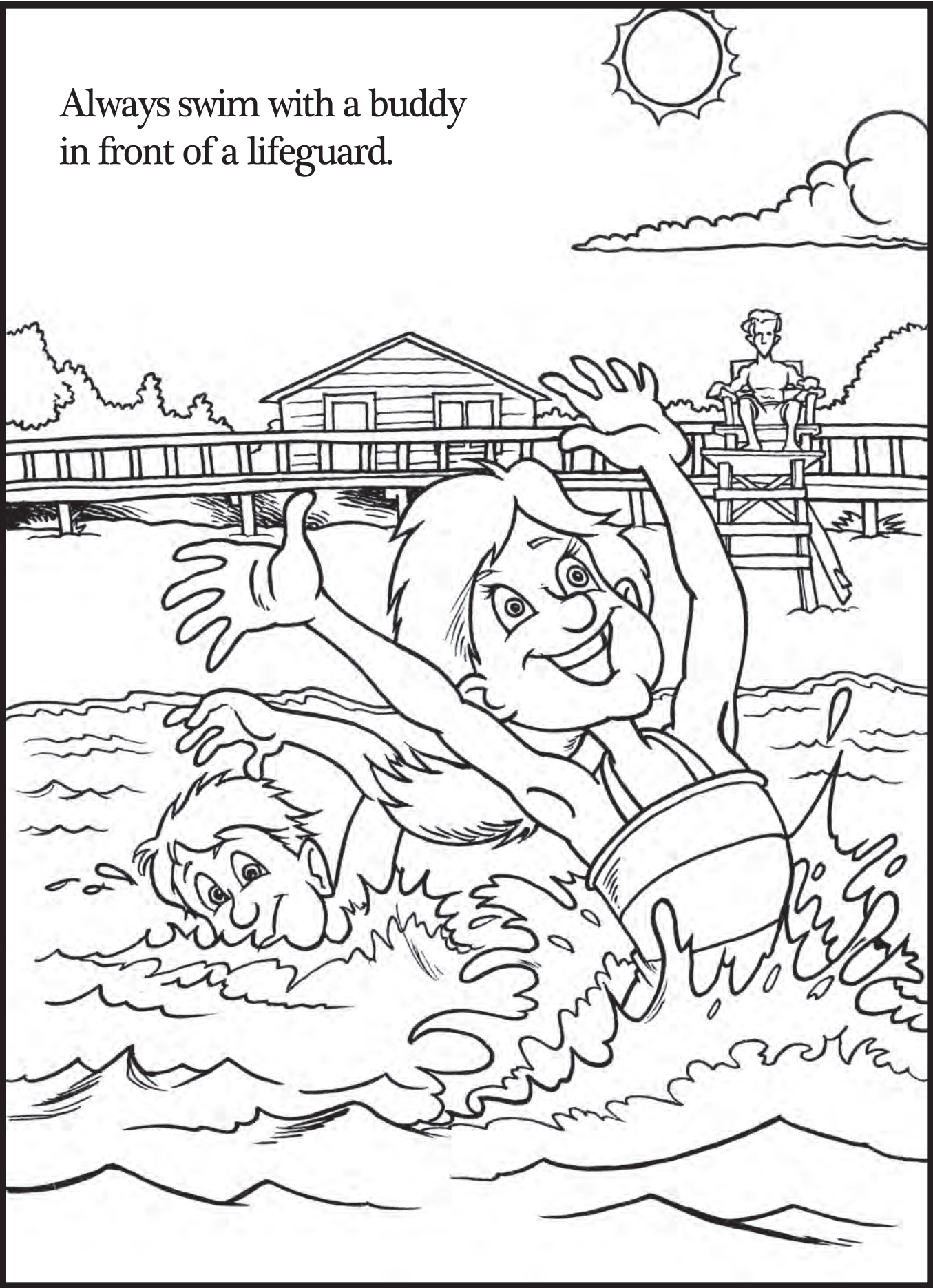
Going to the beach is fun, but you need to be careful.
Be sure to listen to your parents and follow
the instructions of the lifeguards.

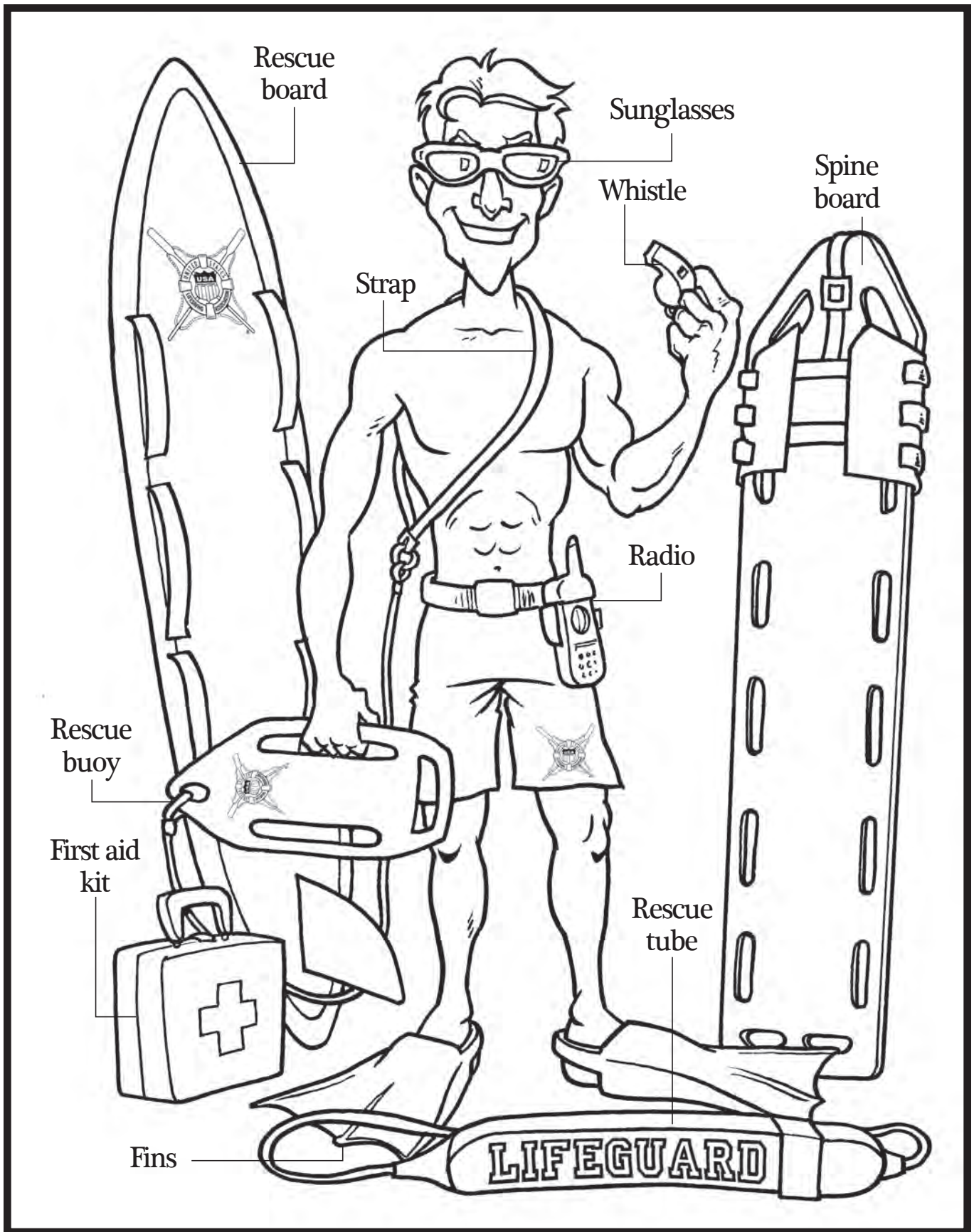




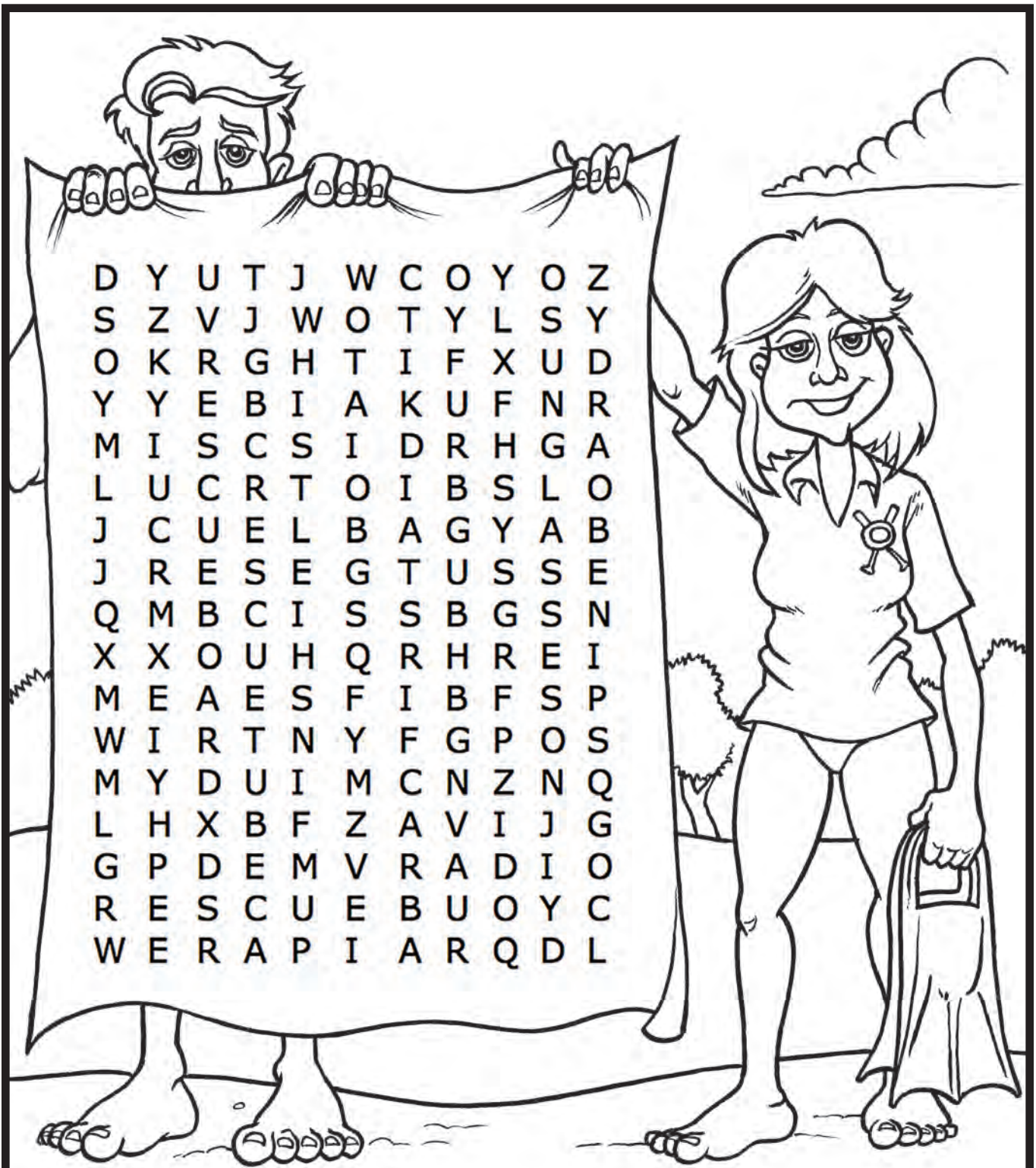
Lifeguards are
your friends.
They are there
to help you.

Always swim with a buddy
in front of a lifeguard.





The lifeguard has many tools to keep you safe.



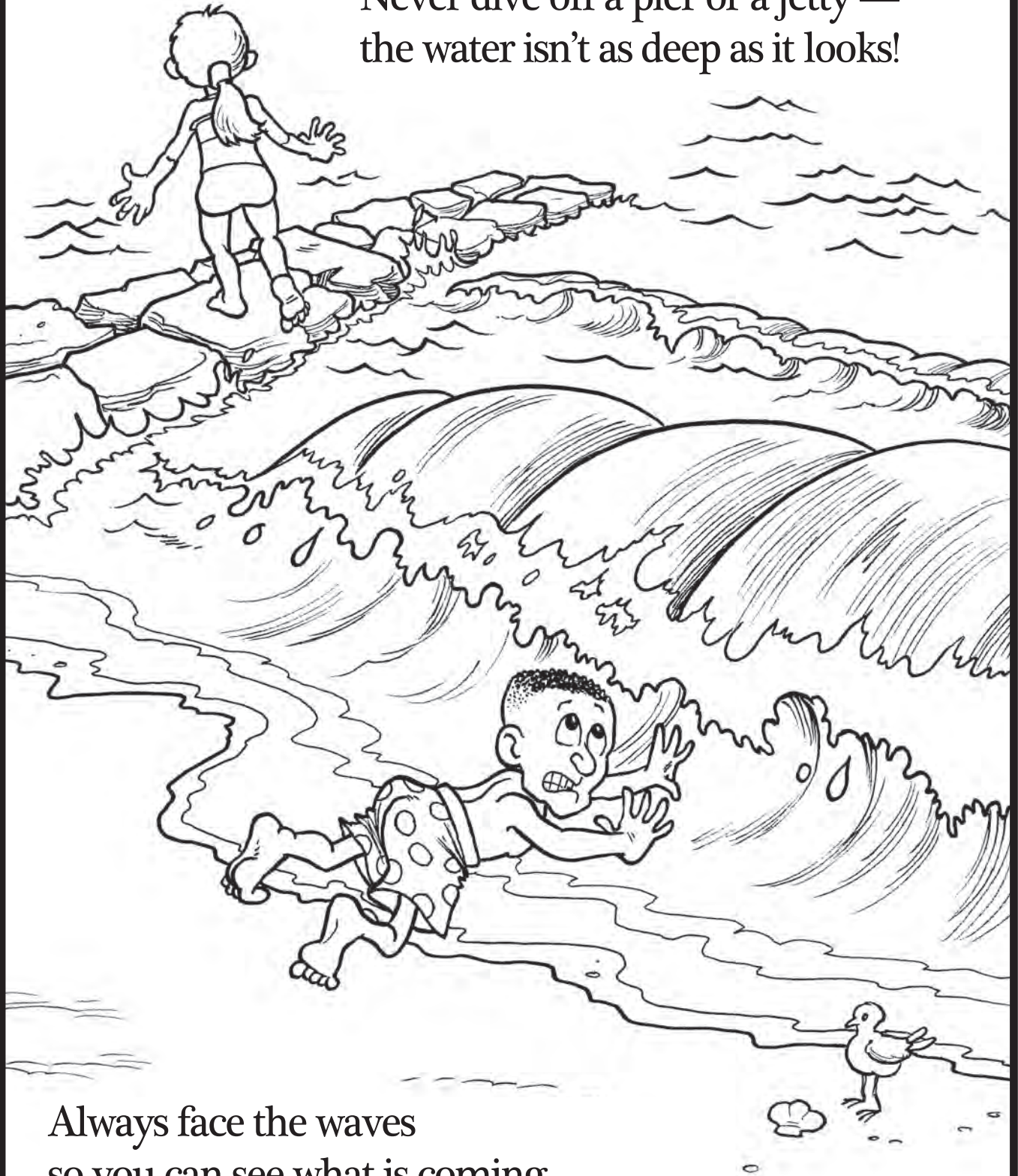
Can you find these lifeguard tools in the above puzzle?

Fins
First aid kit
Radio

Rescue buoy
Rescue tube
Spineboard

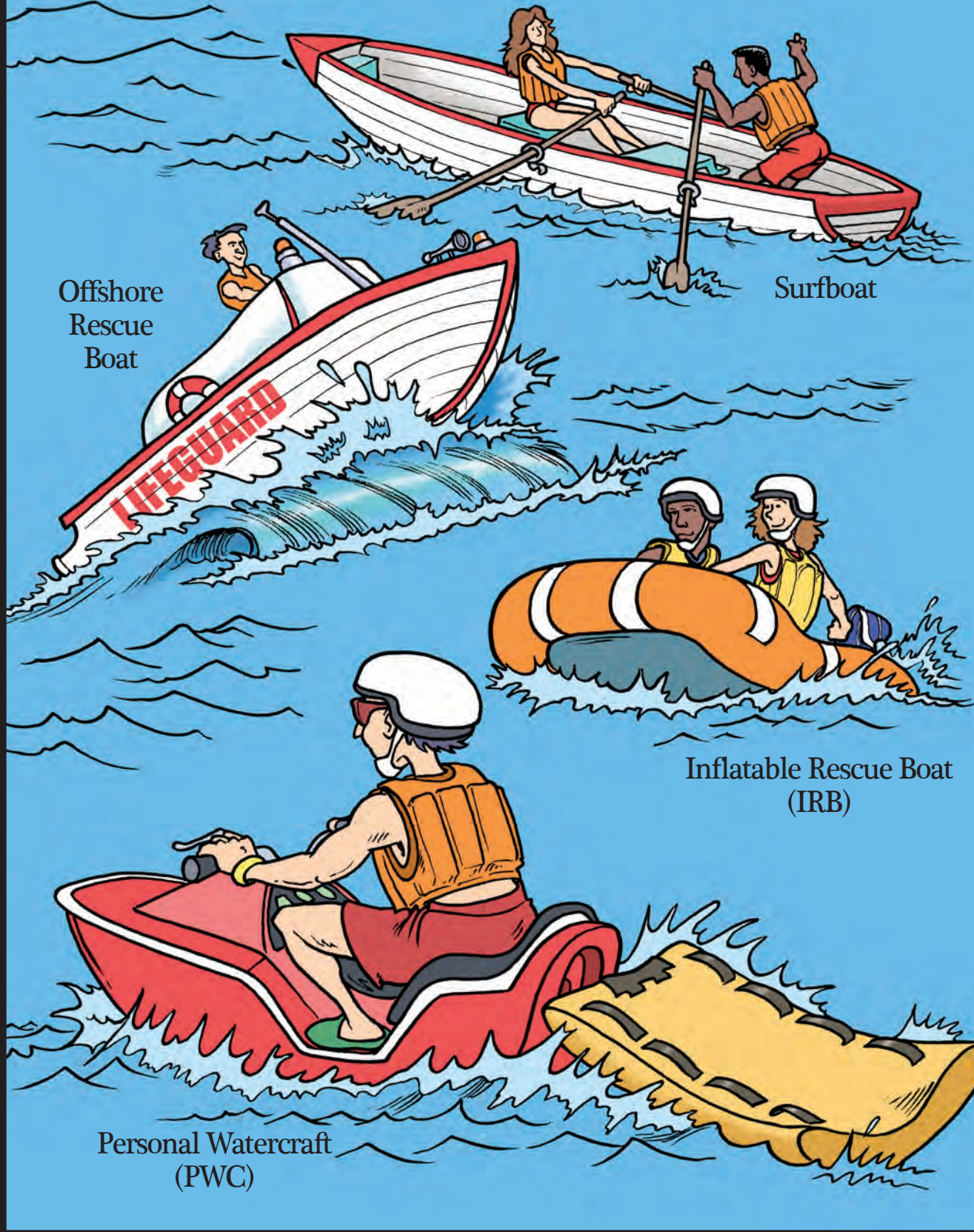
Sunglasses
Whistle
Rescue board

Never walk on a rock jetty.
The rocks can be slippery.
Never dive off a pier or a jetty —
the water isn't as deep as it looks!



Always face the waves
so you can see what is coming.

There are many boats
lifeguards use to help people.



Offshore
Rescue
Boat

Surfboat

Inflatable Rescue Boat
(IRB)

Personal Watercraft
(PWC)

RIP CURRENTS

How to be safe

Rip currents are powerful, channeled currents. They can occur at any beach with breaking waves, including the Great Lakes.

- 1 Stay calm; don't fight the current.
- 2 Swim out of the current, parallel to the shore.
- 3 If you can't get out of the current, float or tread water.
- 4 Call or wave for help.

REMEMBER

KNOW HOW
TO SWIM

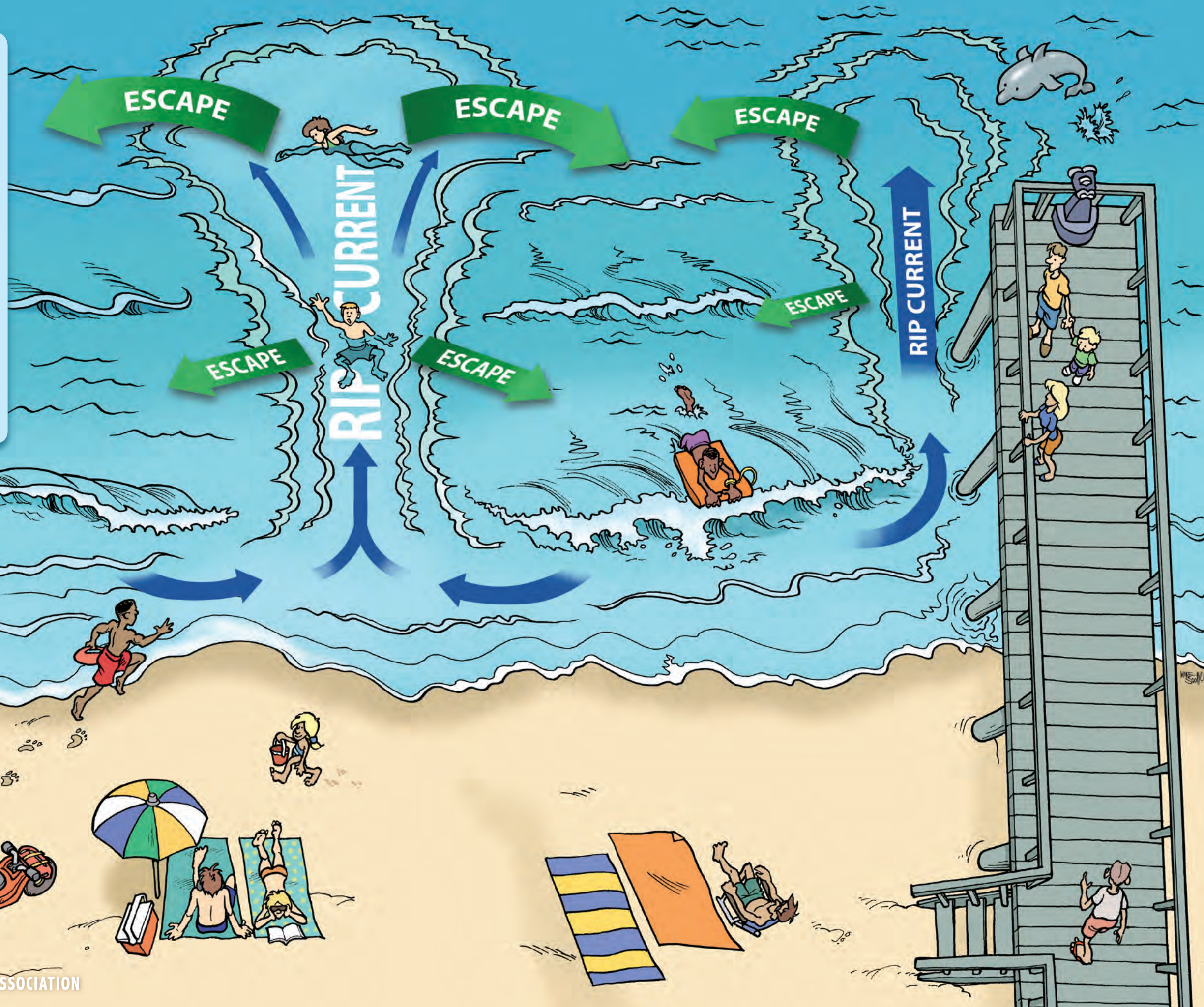
NEVER SWIM
ALONE

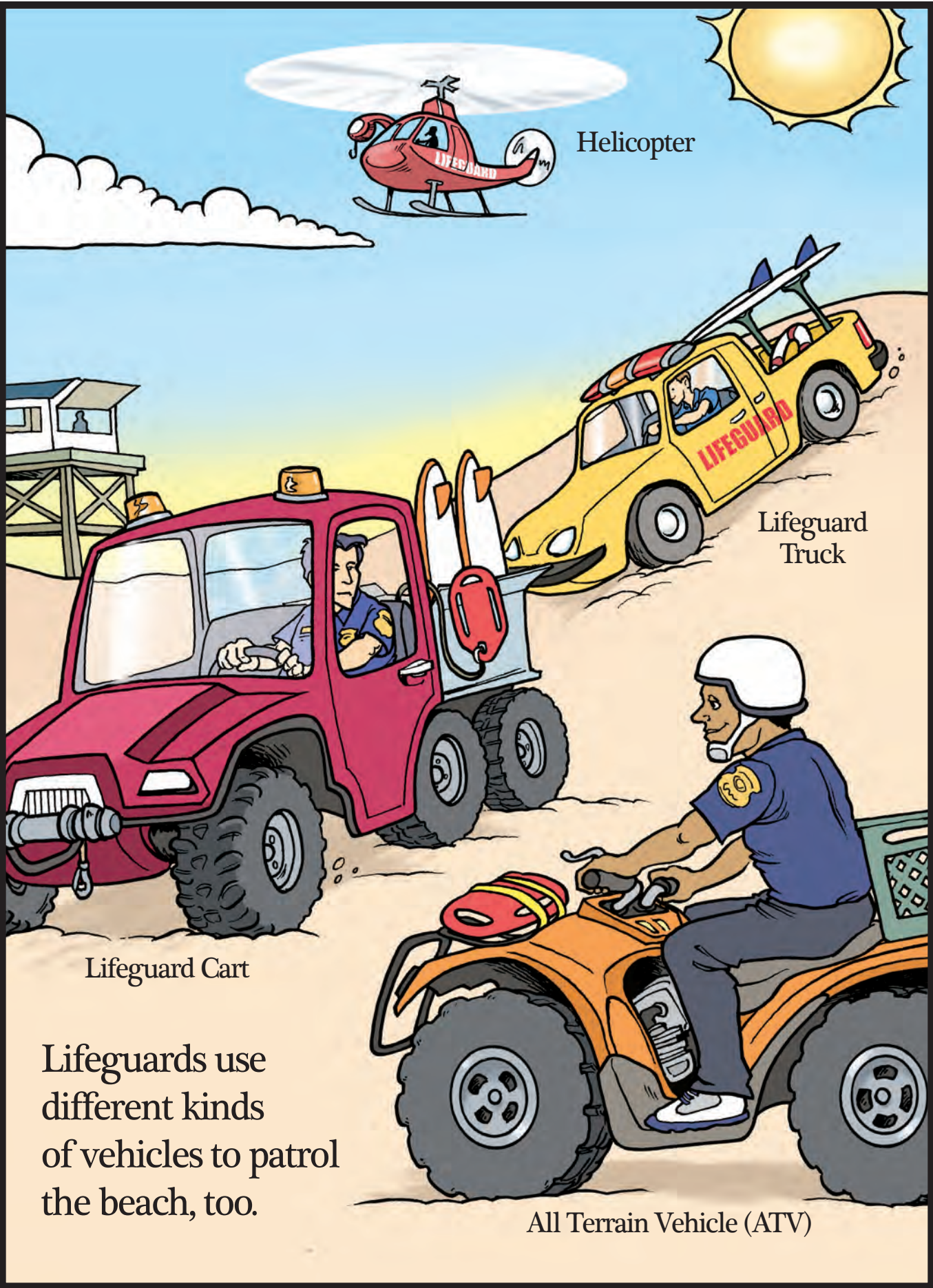
IF IN DOUBT,
DON'T GO
OUT



www.usla.org

www.ripcurrents.noaa.gov





Helicopter

Lifeguard Truck

Lifeguard Cart

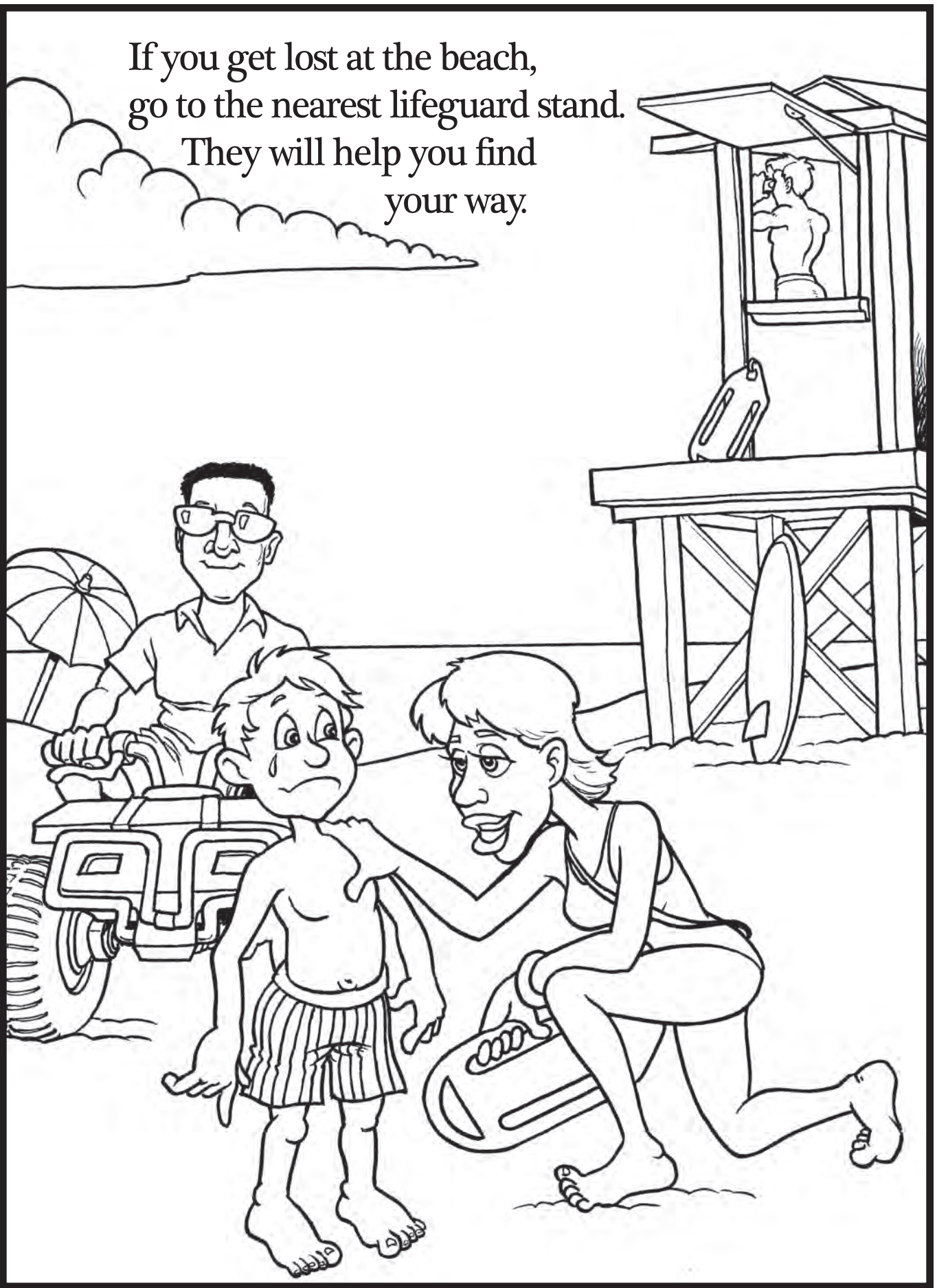
All Terrain Vehicle (ATV)

Lifeguards use different kinds of vehicles to patrol the beach, too.

A sunburn can make you sick.
Always wear sunscreen!
Make sure your friends do, too!



If you get lost at the beach,
go to the nearest lifeguard stand.
They will help you find
your way.



USLA Safety Tips

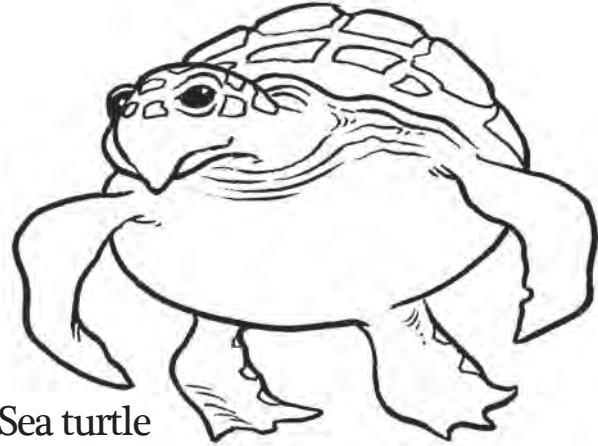
- Swim near a lifeguard.
- Learn to swim.
- Never swim alone.
- Don't float where you can't swim.
- Obey instructions of the lifeguards.
- Don't dive in headfirst.
- Wear sunscreen and drink plenty of water.
- Obey warning signs and flags.
- Check with the lifeguard for the safest areas before swimming.
- Help keep the beach and water clean.



Lots of fish and animals live at the beach.
Don't touch them! You might get hurt or hurt the animals.



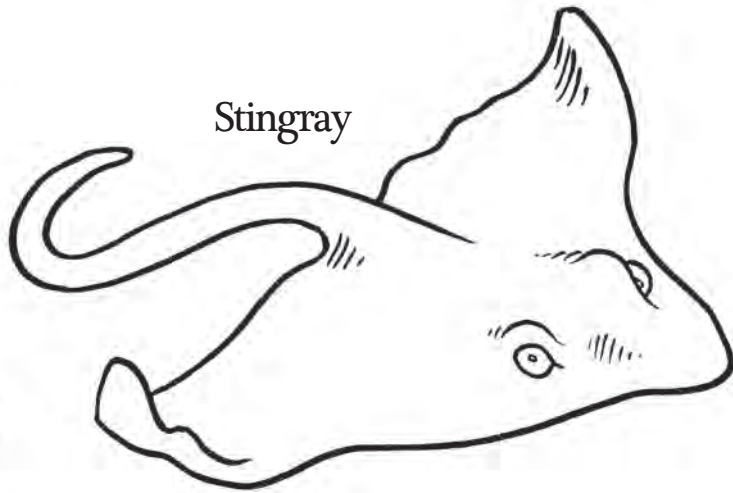
Dolphin



Sea turtle



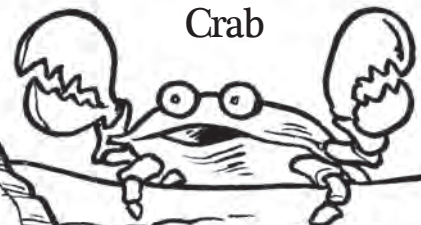
Jelly
fish



Stingray



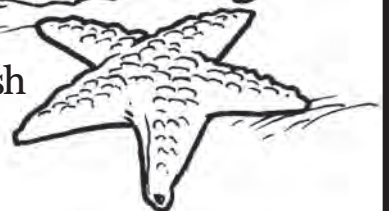
Sea urchin



Crab



Starfish





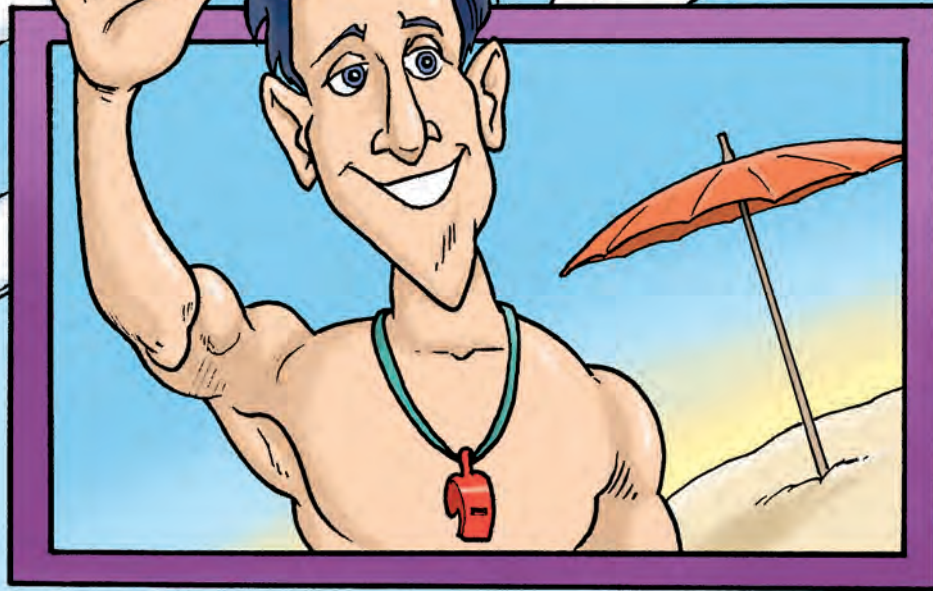
If you are surfing,
always use a leash ...



... and use fins with your body boards!

“Even in the worst conditions,
the lifeguards will be there to help!”





United States Lifesaving Association



www.usla.org



MIKE
SCOTT '09

Illustrations by Mike Scott. www.mikescottwork.com