

# RESPONSIBILITY CODE

1. Learn to swim.
2. Never swim alone. Swim near a lifeguard.
3. Check with the lifeguards on water conditions.
4. Learn and obey the rules of your swimming area.
5. Report any dangerous situations to the lifeguards.
6. Check the depth of underwater surface by jumping, not by diving head first.
7. If you are in trouble, call or wave for help.



This is only a partial list of safety precautions

## RULES & REGULATIONS

1. Attendance: Check in with the group leader as soon as you arrive and gear in the designated area.
2. Do not leave assigned areas without telling your group leader.
3. Wear your uniform shirt for identification.
4. All personal gear should be marked clearly with your name.
5. Bring a towel, appropriate sun protection, and proper clothing daily.
6. Display courtesy, respect, and good sportsmanship to instructors and fellow participants at all times.
7. Use caution and good sense in handling of equipment.
8. Assist in setting up and cleaning up of instructional equipment and area.
9. Abusive language, profanity, stealing, or horseplay will not be tolerated.
10. Obey all beach and water safety rules.



## RIP CURRENT SAFETY TIPS

Learn how to swim!

When at the beach:

- Whenever possible, swim at a lifeguard-protected beach.
- Never swim alone.
- Learn how to swim in the surf. It's not the same as swimming in a pool or a lake.
- Be cautious at all times, especially when swimming at unguarded beaches. If in doubt, don't go out.
- Obey all instructions and orders from lifeguards. Lifeguards are trained to identify potential hazards. Ask a lifeguard about the conditions before entering the water. This is part of their job.
- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist alongside these structures.
- Consider using polarized sunglasses when at the beach. They will help you spot signatures of rip currents by cutting down glare and reflected sunlight off the ocean's surface.
- Pay especially close attention to children and elderly when at the beach. Even in shallow water, wave action can cause loss of footing.

If caught in a rip current:

- Remain calm to conserve energy and think clearly.
- Never fight against the current.
- Think of it like a treadmill that cannot be turned off, which you need to step to the side of.
- Swim out of the current in a direction following the shoreline. When out of the current, swim at an angle-away from the current-towards shore.
- If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.
- If you are still unable to reach shore, draw attention to yourself by waving your arm and yelling for help.

If you see someone in trouble, don't become a victim too:

- Get help from a lifeguard.
- If a lifeguard is not available, have someone call 9-1-1.
- Throw the rip current victim something that floats – a lifejacket, a cooler, an inflatable ball.
- Yell instructions on how to escape.
- Remember, many people drown while trying to save someone else from a rip current.

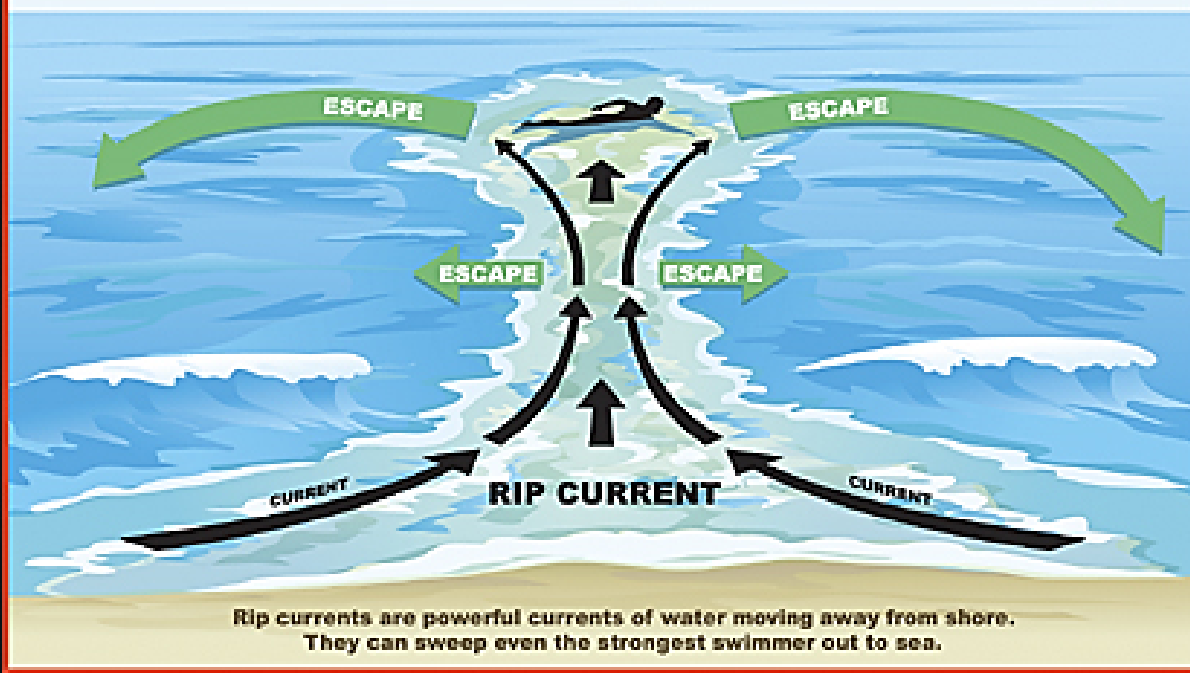


## USLA'S TOP TEN (SAFETY) TIPS

1. Swim near a lifeguard
2. Learn to swim
3. Never swim alone
4. Don't fight the current
5. Swim sober
6. Leash your board
7. Don't float where you can't swim
8. Life jackets = boating safety
9. Don't dive headfirst, protect your neck
10. At home, you're the lifeguard

# RIP CURRENTS

## Break the Grip of the Rip!



## IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

## SAFETY

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

[www.ripcurrents.noaa.gov](http://www.ripcurrents.noaa.gov)  
[www.usla.org](http://www.usla.org)





## WATER SAFETY QUIZ

1. California borders which ocean?
  - a. Pacific
  - b. Atlantic
  - c. Indian
  - d. Hawaiian
2. New Jersey borders which ocean?
  - a. Pacific
  - b. Atlantic
  - c. Indian
  - d. Hawaiian
3. Can lakes have waves and rip currents?
  - a. No
  - b. Yes
4. What should you always have in front of you when bodysurfing?
  - a. Feet
  - b. Head
  - c. Stomach
  - d. Hands
5. The best way to stay safe in and around the water is to learn to
  - a. Sign
  - b. Fly
  - c. Swim
  - d. Run
6. Always swim with a
  - a. Buddy
  - b. Barbell
  - c. Open Mouth
  - d. Backpack
7. If you are in trouble in the water, how should you signal for help?
  - a. By shouting help or waving your hands
  - b. Calling on a phone
  - c. Whistle
  - d. Bark like a seal

8. Inexperienced swimmers should stay in
  - a. Deep water over head
  - b. Waist deep water
  - c. School
  - d. The gym
9. Do not swim
  - a. During vacation
  - b. While you have braces
  - c. During thunderstorms or strong winds
  - d. Immediately after lunch
10. When going under big waves, it is best to
  - a. Open your eyes
  - b. Let your air out
  - c. Hold your breath
  - d. Do flips



## WORD SEARCH



**LOOK FOR THESE WORDS**

RIPCURRENTS  
 REDFLAG  
 ROCKS  
 PIERS  
 SANDBARS  
 SHOREBREAK  
 INSHOREHOLES  
 HOTCOALS  
 WAVES  
 SURFBOARDS

### Beach Safety

O	Y	H	M	G	L	E	I	Z	V	U	P	P	B	W	V	B
T	O	D	Z	S	E	V	A	W	P	F	L	E	J	V	B	F
G	A	H	D	X	B	M	Z	M	X	A	V	Z	P	Y	S	X
G	R	A	A	I	N	S	H	O	R	E	H	O	L	E	S	Q
K	A	P	S	Z	S	H	I	S	C	L	U	R	W	J	R	K
S	Z	L	S	D	K	R	D	G	C	E	K	D	D	R	O	S
S	H	V	F	T	R	O	S	N	T	O	T	K	P	O	C	B
R	P	O	J	D	N	A	X	S	D	N	P	I	A	K	K	H
A	Y	H	R	S	E	E	O	F	Y	H	U	S	U	O	S	O
B	M	E	V	E	Z	R	R	B	B	W	L	U	D	Y	L	T
D	H	G	P	T	B	K	O	R	F	Y	Y	X	B	R	O	C
N	L	E	H	W	G	R	D	L	U	R	M	Y	A	A	W	O
A	P	Z	J	V	M	R	E	E	R	C	U	H	T	I	P	A
S	J	A	Q	G	L	Q	S	A	M	E	P	S	Z	R	N	L
D	S	T	H	A	P	D	B	B	K	X	I	I	M	Z	H	S
Y	N	K	J	S	K	C	E	U	D	S	O	A	R	A	L	H
M	F	M	P	I	E	R	S	D	N	Y	B	Y	G	Y	E	C





## WORD SEARCH



**LOOK FOR THESE WORDS**

SHARK  
DOLPHIN  
CRAB  
MOLLUSK  
SEATURTLE  
SEAANENOME  
SEAGULLS  
SEASTAR

### Sea Life

O	I	G	Z	D	N	W	A	A	S	Z	U	N	S	V	C	D
Y	Z	S	X	C	E	I	W	G	V	C	O	A	E	K	K	E
E	P	T	D	G	T	W	R	X	Q	G	G	K	A	T	L	G
L	E	K	X	C	X	H	N	P	O	G	I	S	G	U	Y	V
T	M	P	H	T	I	T	E	Q	Y	Q	Z	U	U	Z	P	F
R	O	W	L	D	O	L	P	H	I	N	U	L	L	P	Z	E
U	N	Y	Z	R	A	T	S	A	E	S	U	L	L	M	F	K
T	E	C	K	F	L	P	B	H	V	D	L	O	S	V	B	G
A	N	F	P	J	T	S	T	S	H	O	W	M	D	C	O	U
E	A	L	W	E	Y	H	D	H	X	Z	K	X	Z	X	M	Z
S	A	V	N	Z	N	Y	V	V	R	P	J	D	R	U	X	S
P	E	T	O	A	N	P	N	Q	G	H	M	J	V	J	U	R
X	S	Z	K	G	D	R	G	L	N	Y	H	B	O	F	H	C
T	A	N	A	G	P	D	W	M	W	Z	D	B	F	D	U	R
O	I	H	N	U	U	A	Y	I	C	R	J	E	A	E	U	A
X	D	K	R	A	H	S	K	W	H	N	S	L	S	H	Z	B
T	S	L	X	Q	K	W	M	K	T	G	W	S	X	Z	N	X



## WORD SEARCH



**LOOK FOR THESE WORDS**

COPPERTONE  
 BANANABOAT  
 PANAMAJACK  
 SPF  
 LOTION  
 SUNGLASSES  
 HAT

### Sun Protection

A	X	Y	R	T	K	P	O	G	I	D	M	L	H	C	D	M
U	W	Q	L	O	F	F	C	H	C	M	D	E	N	M	V	D
Y	B	N	N	F	H	J	L	L	O	X	M	H	R	K	E	U
K	C	A	J	A	M	A	N	A	P	B	H	T	P	V	P	M
F	M	E	G	Y	G	U	F	B	T	E	M	D	H	S	D	O
C	L	O	T	I	O	N	H	S	S	I	C	V	J	T	X	A
I	P	L	G	H	E	Q	E	N	D	I	O	T	H	K	I	H
I	Q	R	T	A	C	V	Y	X	U	S	P	F	N	R	B	U
T	F	X	V	A	S	S	O	R	D	F	P	Z	A	Z	T	Q
K	Q	A	F	L	P	E	X	V	L	E	E	T	I	E	L	U
J	G	A	A	X	F	Z	A	U	Q	G	R	F	S	N	K	Z
D	V	Q	N	S	Y	M	G	B	M	Y	T	P	Q	O	B	L
Y	K	L	R	B	K	R	X	X	G	M	O	H	X	S	J	E
X	Y	T	V	C	Q	A	M	C	S	J	N	D	A	V	O	N
S	I	T	B	S	X	G	L	M	X	Y	E	Q	X	T	K	R
G	X	T	C	B	A	N	A	N	A	B	O	A	T	U	L	M
O	O	D	I	S	E	S	S	A	L	G	N	U	S	F	E	E

