

## Beach Safety

It is important to ensure children are safe while enjoying time at the beach. Here are some tips for beach safety to follow:

- Always supervise children while they are in or near the water.
- Make sure they wear proper flotation devices when in water.
- Teach children about the potential dangers of the ocean such as rip currents, strong waves, and sudden drops in depth.
- Swim in designated areas that are patrolled by lifeguards.
- Apply sunscreen regularly and use umbrellas and tents for shading to prevent sunburn.
- Stay hydrated with water and energized with snacks.