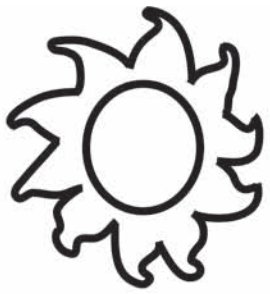


Safe Swimming



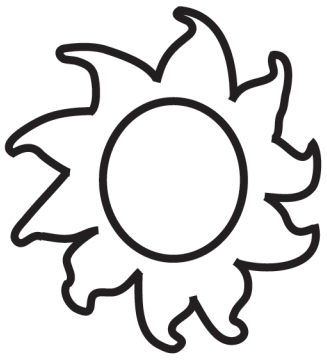
Fort Lauderdale Beach

Activity Book
Fort Lauderdale Ocean Rescue
USLA Certified & Nationally Recognized
501 Seabreeze Boulevard
Fort Lauderdale, FL33316
954.828.4595

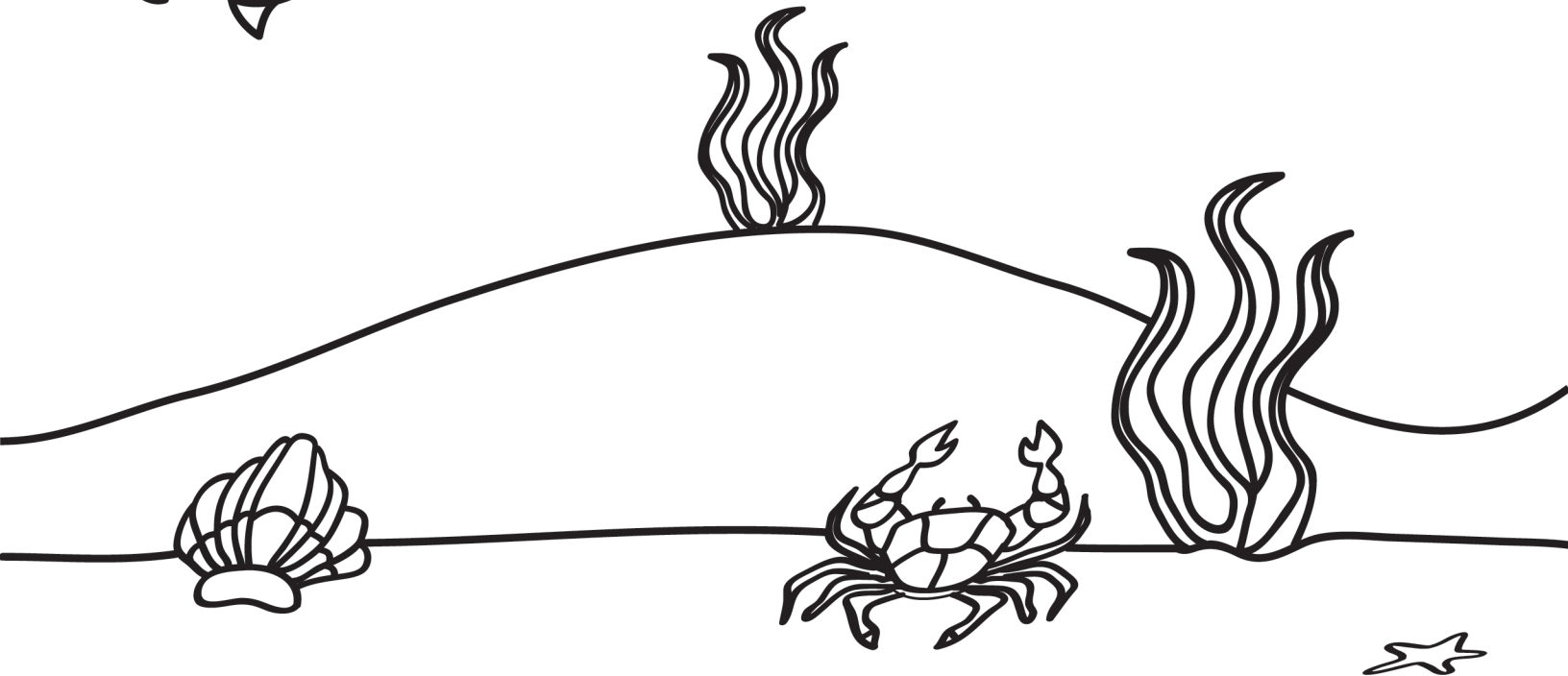
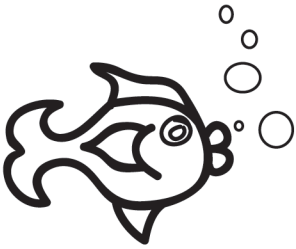
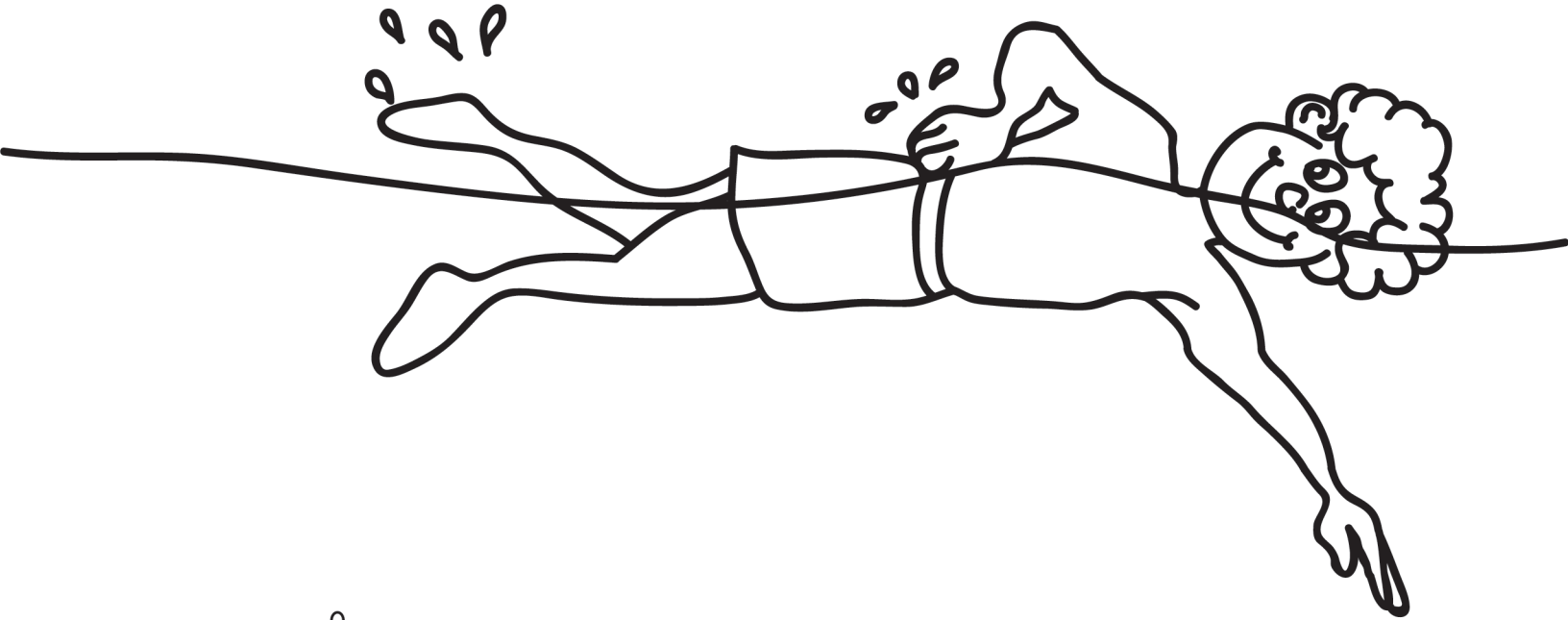


Hi! Going to Fort Lauderdale Beach is lots of fun. Follow these “Ocean Smart” Safety Tips and make your trip to the beach groovy!





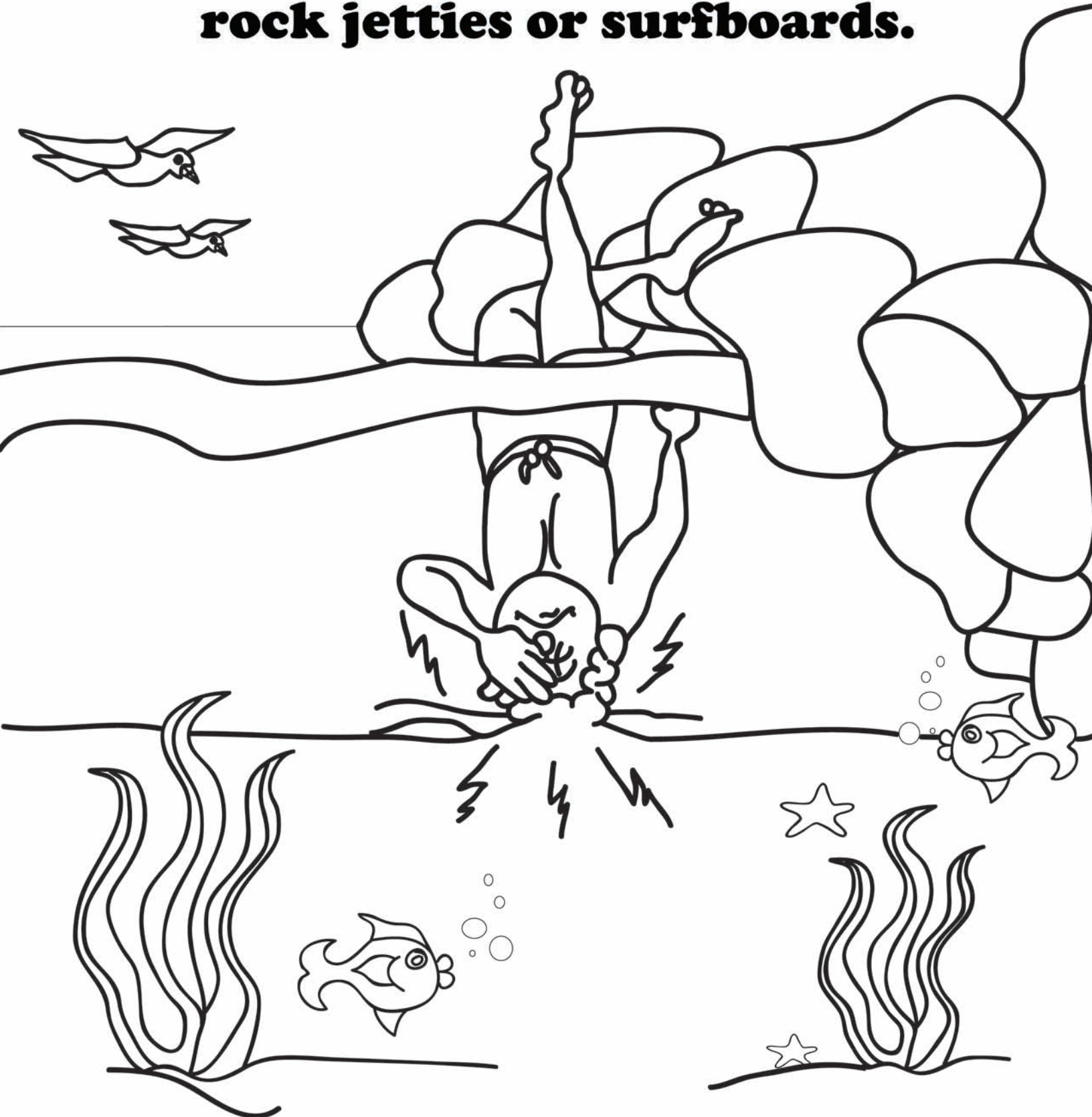
Learn to swim. If you don't know how, don't go into the water.



**Always swim with a friend and stay
near a lifeguard, they
keep you safe.**



**Never dive head first into the water!
The water isn't as deep as it looks.
Never dive off of piers,
rock jetties or surfboards.**



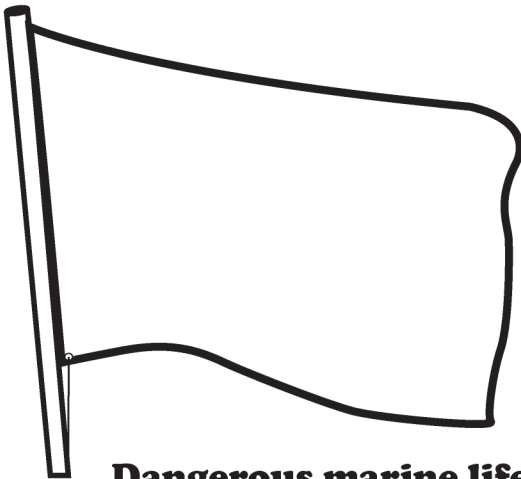
Color these flags



**Low hazard
Green**



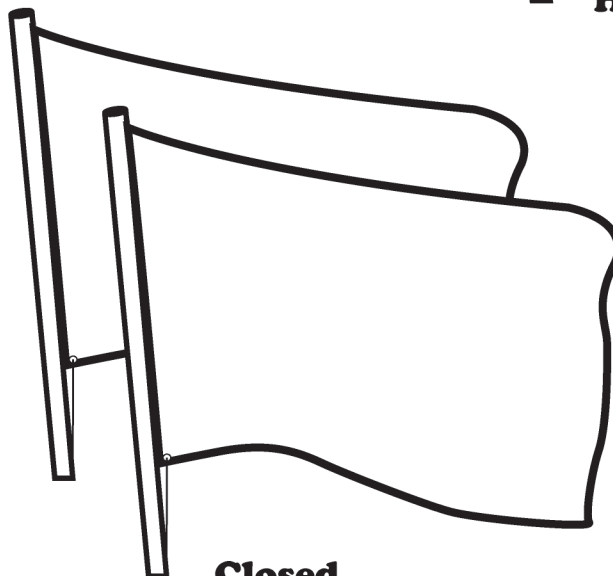
**Medium Hazard
Yellow**



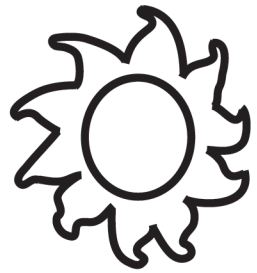
**Dangerous marine life
Purple**



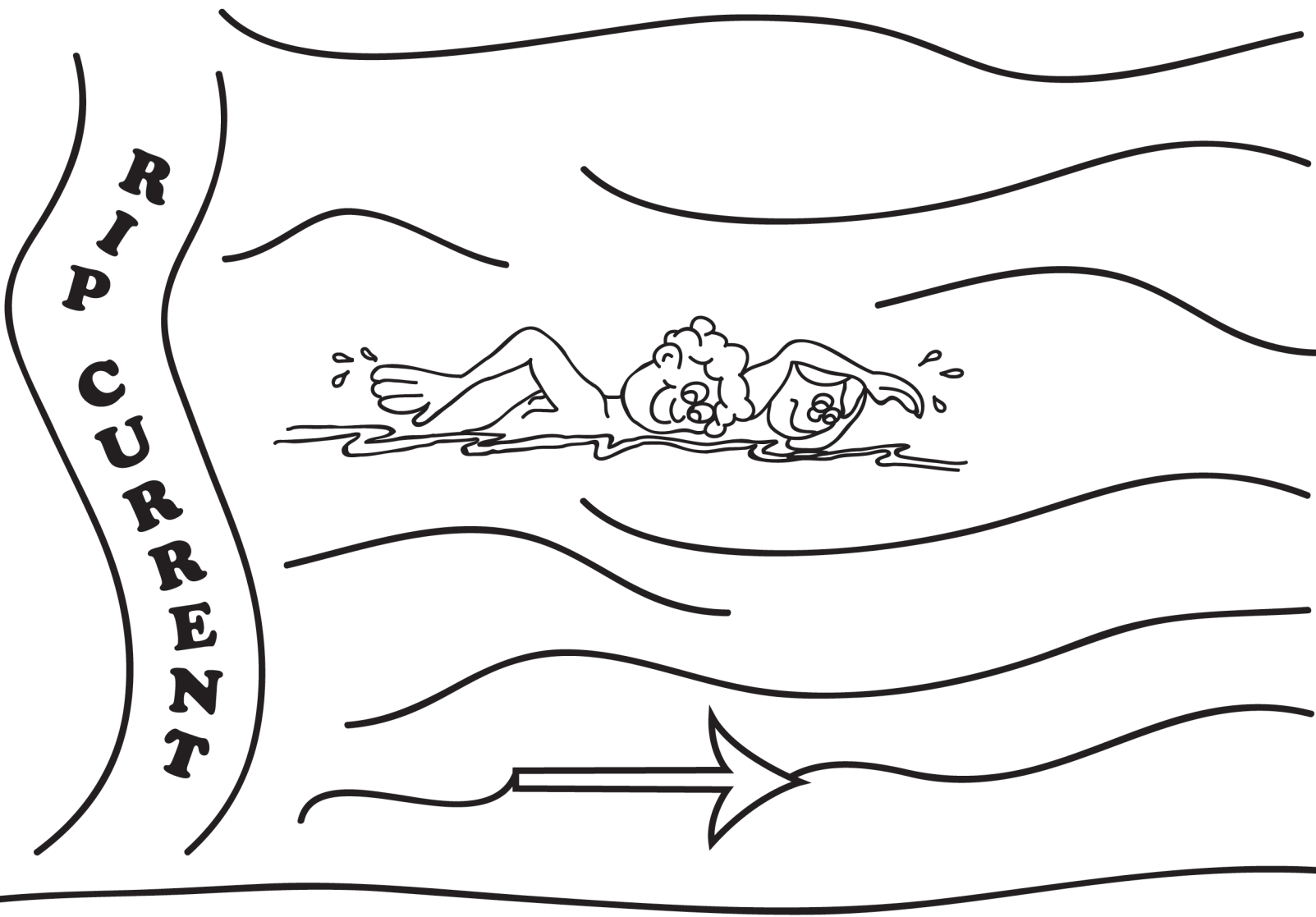
**High hazard
Red**



**Closed
Double red**

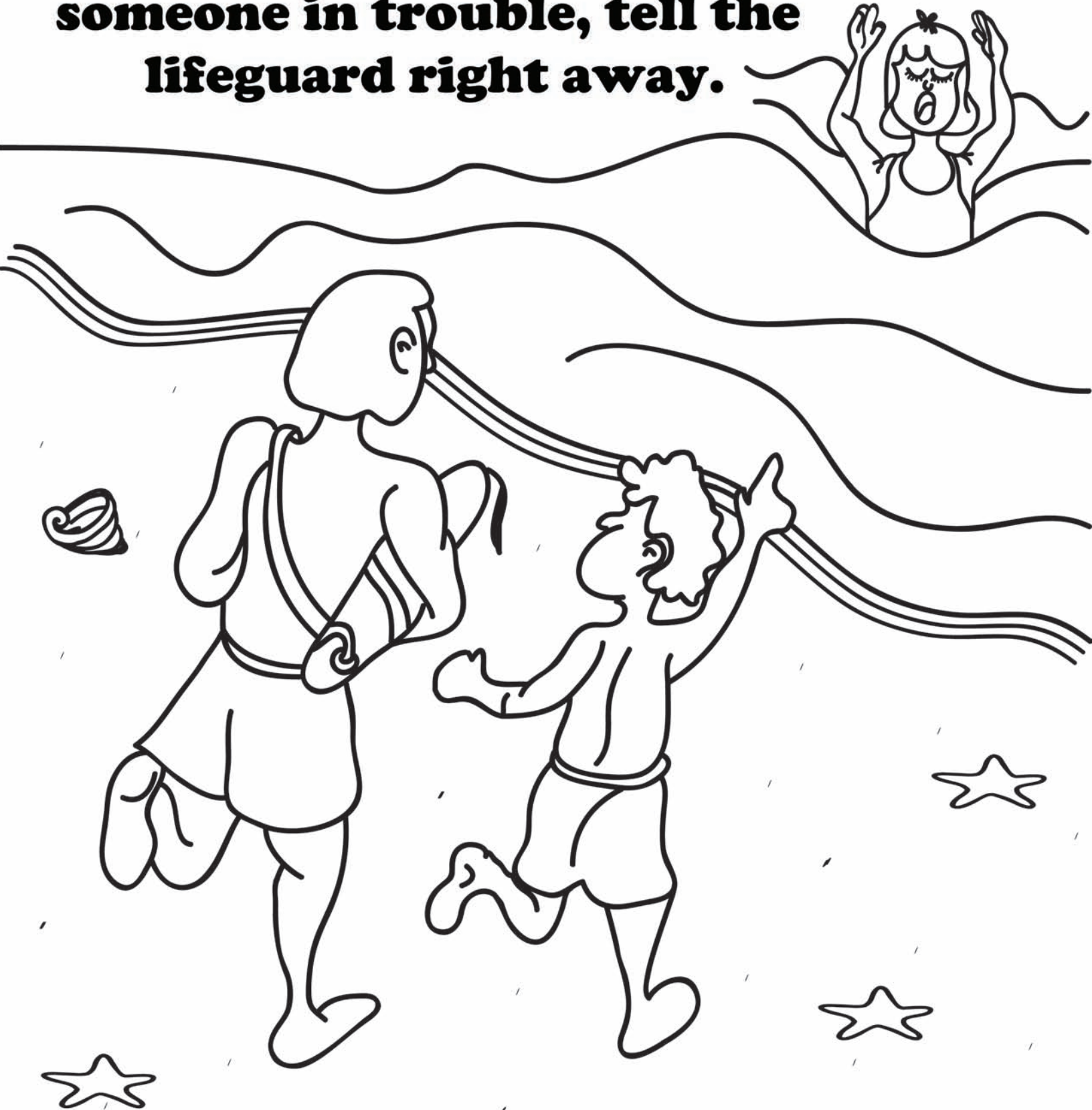


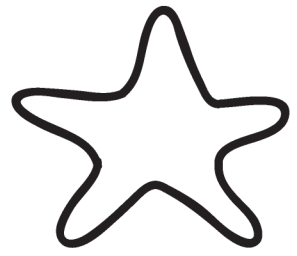
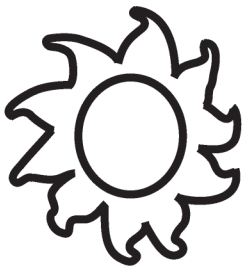
**If caught in a rip current,
swim parallel to the shore until
you are out of the current.
Then swim at an angle away
from the current toward the shore.**



Beach

**Lifeguards are your friends.
Ask them about dangerous
conditions. If you see
someone in trouble, tell the
lifeguard right away.**





Ocean Smart Safety Tips

Swim Near A Lifeguard:

Drowning is very rare in areas of Fort Lauderdale Beach.
Most water-related fatalities occur in unsupervised settings distant from lifeguard towers.
Lifeguard towers are staffed each day, 9:45 a.m. – 5:00 p.m.

Learn To Swim:

Learning to swim is the best defense against drowning.
Teach children to swim at an early age.

Never Swim Alone:

Always swim with a companion.
At the very least, have someone onshore who can call for help.

Don't Float Where You Can't Swim:

Often, non-swimmers dangerously use floatation devices to go offshore.
If they fall off, they can quickly drown.
The only exception is a person wearing a Coast Guard approved life jacket.

For Emergencies dial 9-1-1.

For information about our services and educational programs, including the
Junior Lifeguard Program, please contact our Headquarters at (954) 828-4595.
For Beach Conditions please contact (954) 828-4597.

