

St. Johns County lifeguards are trained and experienced in recognizing dangerous surf conditions and water rescue techniques. Please help them make our day at the beach safe and fun.

The following condition flags are displayed for your convenience:

**Green:** Good swimming conditions.

**Yellow:** Use caution.

**Red:** Dangerous swimming conditions.

**Blue:** Hazardous marine life present.

# Rip Currents

## SAFETY TIPS:

1. **Learn To Swim** IT'S FUN! St. Johns County offers swim lessons at the Galimore Community Center 824-5209
2. **Swim Near A Lifeguard** Lifeguard towers are posted along the coastline from memorial Day weekend to Labor Day weekend from 10:00 am - 6:00 pm
3. **Never Swim Alone**
4. **Never Dive Headfirst** into unknown waters or shallow breaking waves.
5. If you get lost - go to the nearest lifeguard.
6. Protect yourself from the sun. Use sunscreen with a minimum SPF of 15.
7. Get out of the water and seek shelter during thunder and lightning.
8. Join the Junior Lifeguard Program.

## How to Recognize, Avoid, and Survive Rip Currents!

A rip current is a narrow surface current of water moving seaward. It can often be identified by foamy, choppy, or discolored water.

If you are caught in a rip current, do not panic! The rip current will not pull you under.

Swim or wade sideways across the current (meaning parallel to the beach) until out of its pull. Or ride the current out beyond the sandbar, then swim toward the shore at an angle.

Rip currents, in an average year, are more deadly than lightning, hurricanes, and tornadoes combined.

# Lifeguard Service

*Since 1932, the St. Johns County Division of Beach Safety has been working to promote high levels of water safety throughout St. Johns County. In 1993, the lifeguard service was recognized by the United States Lifesaving Association as an Advanced Lifeguard Agency. This certification places St. Johns County on a small but very distinguished list of the most respected lifesaving agencies in America. To date, there are only 21 lifeguard agencies in the United States which have achieved this distinction.*

*The lifeguard service patrols the coastline and responds to emergencies on an annual basis. The staffing of lifeguard towers begins on Memorial Day Weekend and extends through Labor Day weekend.*

The St. Johns County Junior Lifeguard Program is a popular program available to area youths between the ages of 9 and 16.

The program emphasizes :

- ? personal water safety,
- ? swimming skill development,
- ? first aid,
- ? CPR, and
- ? lifesaving training

For more information, please write to:

Division of Beach Safety  
St. Augustine, FL 32084

Or Call:  
(904) 471-6616