

A few words from J.R. Beaver

The Oregon coast is a great place to visit. You can look for seashells, build a sandcastle, or explore a tide pool. The beach can be a lot of fun.

Make sure you share the fun with friends and family, and never visit the beach alone. Having an extra set of eyes may help you find more cool stuff, and an extra set of hands will make that sandcastle even bigger. Take a beach ball along, and someone to play catch with!

If you keep your buddies—or mom and dad—close enough to catch a beach ball, that's smart. They can hear you if you call out. Having a buddy can help you stay safe.

Enjoy your visit, and make sure to talk to your family and friends about staying safe at the beach.

Play safe,
J.R. Beaver

Even a beaver
won't swim in
the ocean!



Know the Signs



Drift logs roll in surf



Beware of sneaker waves



Beware of incoming tides



High waves sweep over rocks, jetties & headlands



High, steep cliffs



Overhanging cliffs & falling rocks



Deep water & strong outgoing currents



Nature
HISTORY
Discovery

Oregon Parks and Recreation Department

725 Summer Street NE, Suite C, Salem, OR 97301

Email: beach.safety@state.or.us

www.oregonstateparks.org

To see beach safety commercials, go to

www.oregonbeachsafety.org



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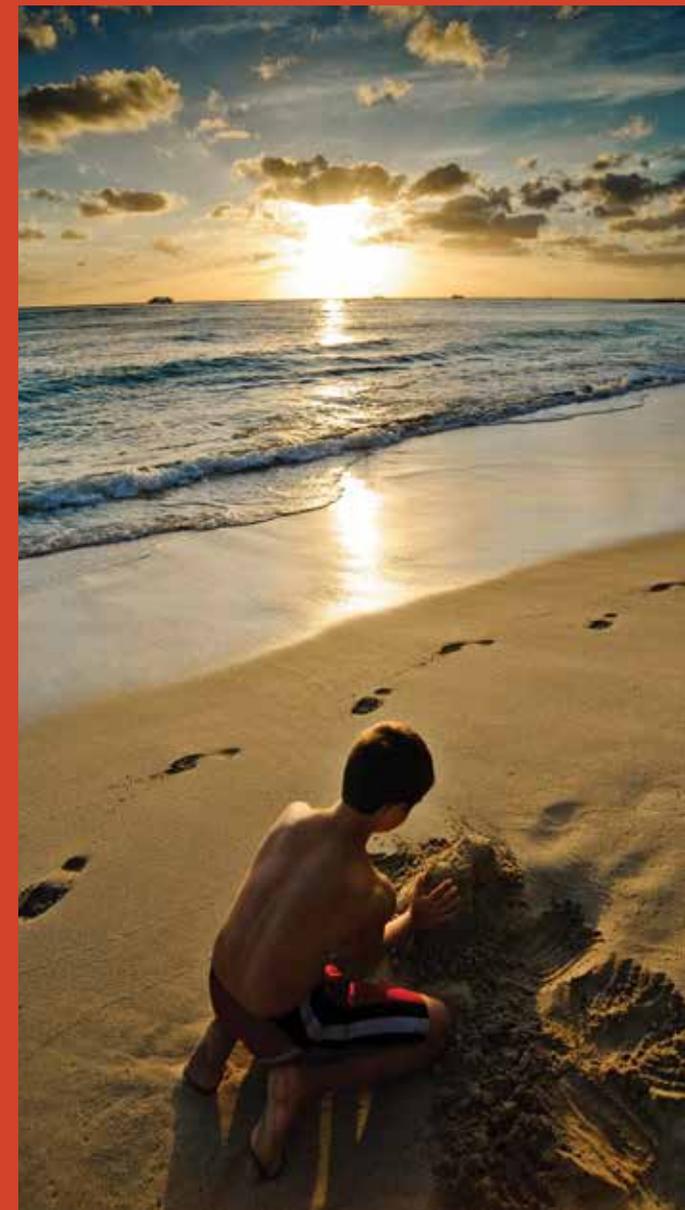
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Nature
HISTORY
Discovery

Beach Safety Tips for

Kids



Beach Safety Tips



Beware of Rip Currents

Rip currents are strong currents of water that rush out to sea. They are stronger than even the best swimmer. Rip currents can form on any beach that has breaking waves. If you look closely, you *can* see a rip current. It will have dark muddy water and be very choppy. You might see foam and other debris floating out to sea. If you see a rip current, stay away! They are very dangerous.

If you are ever caught in a rip current, don't panic. Relax, and swim parallel to the beach. Don't try to fight it. If you have trouble swimming, tread water and call for help. Parents! Keep your kids nearby when they're playing near the ocean.



Don't Climb on Drift Logs

Logs on wet sand or in the water are especially dangerous. The ocean is strong enough to pick up even the biggest log and plop it down on top of you. If you see a log in the surf or on wet sand, stay off it.



Beware of Sneaker Waves

Watch out for "sneaker waves." Sneaker waves are unpredictable and appear suddenly. They can rush up high on the shore with enough force to knock you down and drag you out to sea. Keep one eye on the ocean.



Be Careful on Cliffs & Rocks

Ocean spray and heavy rains can make rocks and trails slippery and unsafe. Stay behind fences. They are there for your safety. When hiking, make sure you are wearing the right shoes and stay on marked trails. Stay away from cliff edges. They may not support your weight. And, don't stand under overhanging cliffs.



Stay off Rocks and Jetties

Rocks and jetties may seem like great spots to view the ocean, but they can be very dangerous. Barnacles living on rocks can give you painful cuts and scrapes if you slip and fall.

Jetties are there to keep ships safe, not for people to walk on. The big waves that crash against rocks and jetties can knock you into the ocean or into gaps between rocks.

