

Beach Safety Cheat Sheet

Simple, calm guidance to help you enjoy Florida beaches safely — without fear or overthinking.

Rip Currents

Rip currents are narrow channels of water that move away from shore. They don't pull you under — they pull you **out**.

- If caught, **stay calm** and float if needed
- Do **not** swim directly back to shore
- Swim **parallel to the beach** to exit the current
- Once free, swim back in at an angle

Tip: If lifeguards are present, swim near them.

Beach Flag Meanings

Double Red

Water closed to the public

Single Red

High hazard — strong surf or currents

Yellow

Moderate surf — caution advised

Green

Calm conditions — low hazard

Flags may vary slightly by beach. Always follow posted signs and lifeguard guidance.

Heat Safety & Hydration

- Drink water every 30–45 minutes
- Wear hats, sunglasses, and light clothing
- Use shade breaks during peak sun (11 AM–2 PM)
- Apply sunscreen regularly

If anyone feels dizzy, overheated, or nauseous — take shade and hydrate immediately.

What NOT to Do If Conditions Change

- Don't ignore posted warnings or flags
- Don't swim alone in rough conditions
- Don't fight strong currents
- Don't stay in extreme heat too long

When in doubt, step out. The beach will always be there tomorrow.