

Beach Emergency & Info Card

Beach / Location:

Emergency Numbers

- **Emergency:** 911
- **Lifeguard:** Use nearest tower
- **Non-emergency:** Local beach authority

Beach Rules Reminder

- Follow posted beach flags
- Swim near lifeguards when available
- Respect wildlife and dunes
- Leave no trash behind

If This Happens, Do This

- **Rip current:** Stay calm, float, swim parallel
- **Lost child:** Notify lifeguard immediately
- **Overheating:** Shade, water, cool down
- **Bad conditions:** Exit the water