



**Surfing Code of Ethics**  
All surfers using the numerous surfing beaches along our coastline should adhere to a basic code of ethics respecting fellow surfers and the environment. Please



**Scuba Diving**  
The Encinitas coastline contains several beach areas, kelp beds, and marine sanctuaries that are ideal for Scuba Diving. However, all Scuba Divers must be properly certified and should always dive with a partner. All divers should also have a dive plan and perform equipment checks before entering the water. Removal of invertebrate sea creatures is prohibited in marine sanctuaries. For safety reasons, it is advised that all divers contact a lifeguard before entering the water regarding their dive plan.



**Lifeguard Tower**  
Lifeguard towers in Encinitas are staffed seasonally depending on weather and number of beach patrons. The Moonlight Beach Lifeguard Headquarters is staffed year-round. A uniformed lifeguard in the tower and rescue buoy hanging from the tower are indications there is a city lifeguard on duty. Always swim near a staffed lifeguard tower when using the beach.



**Assistance**  
Whether in the water or on land, the universal sign for distress is waving of one or both arms in the air. When this signal is used, a lifeguard will respond to assist.



**CAUTION HYPOTHERMIA**  
Hypothermia is a serious medical condition caused by a significant drop in body temperature. It can occur any time of year when swimming in the ocean. To prevent hypothermia, wear a wet-suit and limit the amount of time immersed in cold water. If you suspect that you or someone else may have hypothermia, contact the nearest staffed lifeguard station for first aid, or call 911.



**CAUTION HEAT EXHAUSTION**  
Heat exhaustion is a serious medical condition that can occur at any time with prolonged exposure to the sun or heat. To prevent heat exhaustion, stay in the shade and drink plenty of fluids. If you suspect that you or someone else is suffering from heat exhaustion, contact the nearest staffed lifeguard station for first aid, or call 911.



**CAUTION HEAT STROKE**  
Heat stroke is an even more serious medical condition than heat exhaustion, and occurs when the body begins to completely dehydrate after prolonged exposure to heat. Symptoms include extremely high body temperature accompanied by very little sweating. If you suspect that you or someone else is suffering from heat stroke, contact a lifeguard or call 911 immediately.

The following is a list of the laws that pertain to the beach areas of Encinitas. These laws exist for the safety and enjoyment of everyone who uses our coastline and apply at all times, not just when lifeguards are on duty.

- NO GLASS
- NO DOGS
- NO ALCOHOL
- NO SURFING IN SWIMMING AREA
- NO CLIMBING ON BLUFFS



Always make sure you have a leash while surfing or bodyboarding. Bodyboarders should also use swim fins. If the water is cold use a wetsuit to prevent hypothermia.

#### Lifeguard Hours for Spring and Summer

Encinitas lifeguards are responsible for providing beach safety services 24 hours a day along nearly four miles of coastline. In addition, lifeguards frequently respond to calls for bluff failures, wild life rescues, boating accidents, drift rescues and accidents occurring in our local lagoons and rivers. If you are planning a trip to the beach and are concerned about ocean conditions or bluff safety, it is recommended that you call the Encinitas Lifeguard at 760-633-2750 for advice on which beaches to visit and a report of current ocean conditions.



Lifeguard Supervisor, Larry Olson (left) and Senior Lifeguard, Chris Cipe (right)

To arrange for a public education visit to your school or group, please contact the Encinitas Lifeguard Administration.

#### Winter & Early Spring Hours

Lifeguards are on duty daily at the Moonlight Beach Lifeguard Headquarters from 9 a.m. to 3 p.m. through April 2. The Swam's lifeguard tower is also staffed during the spring when conditions warrant, such as during periods of high surf. In addition, lifeguards routinely patrol the Encinitas coastline year-round.

#### Late Spring & Summer Hours

Beginning April 3, Moonlight Beach Lifeguard Headquarters will be staffed daily from 10 a.m. to 6 p.m. June 16th through Labor Day, the outer beaches (those located at the base of public access stairs) will be guarded daily from 10 a.m. to 6 p.m. with the Moonlight Beach Lifeguard Headquarters staffed from 8 a.m. to 7 p.m.

#### Important Telephone Numbers (during normal business hours)

Lifeguard Headquarters (760) 633-2750  
Lifeguard Administration (760) 633-2749  
Lifeguard Fax (760) 944-3399  
Surf Report (760) 633-2800  
Fire Administration (760) 633-2800  
Community Services (760) 633-2740  
Junior Lifeguards (760) 633-2752  
www.encinitaslifeguard.com

#### 24 Hour Dispatch (After hours)

Non-Emergency (858) 756-3006  
Emergency 911

Credits:

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**DANGER Bluff Caution**  
The bluffs, or cliffs, along Encinitas beaches are made of sandstone and are constantly eroding. This erosion is usually slow and



**DANGER No Climbing on Bluffs**  
The bluffs that are situated along Encinitas beaches are delicate and can pose a threat to beach goers (see Bluff Caution). Climbing on the bluffs is not only dangerous but can rapidly speed up the erosion process and is therefore prohibited at all times.



**CAUTION Stingray**  
Stingrays are found in the Encinitas area in shallow water. They are not aggressive animals but are equipped with a barb and venom gland on their tail that they use as a defense mechanism. They will strike only if stepped on. To avoid stingrays, shuffle your feet along the sandy bottom while entering or exiting the water. If stung, report to the nearest staffed lifeguard station for first aid. If an allergic reaction occurs, dial 911 immediately.



**CAUTION Jellyfish**  
Jellyfish are free swimming, colorless, and range in size from a few inches to three feet in diameter. They are common in Encinitas during the summer months. Their tentacles cause an uncomfortable reaction when they come into contact with human skin. Although jellyfish do not cause serious risk, if stung, report to the nearest staffed lifeguard station for first aid. If an allergic reaction occurs, dial 911 immediately.



**CAUTION Sea Urchins**  
Sea urchins are small, spine-covered sea creatures normally found in reef areas and tide pools. They pose a threat only when stepped on or handled. The spines become lodged in the skin and may cause infection. If you step on a sea urchin, report to the nearest staffed lifeguard station for first aid. If an allergic reaction occurs, dial 911 immediately.



**CAUTION Ocean Mammals**  
Seals, dolphins, whales, other marine creatures and waterfowl often wash up on beaches along the Encinitas coastline. If you encounter one of these creatures, always maintain a reasonable distance and report it to the nearest staffed lifeguard station.



**CAUTION Diving in Shallows**  
Diving into shallow water can result in serious injury to the head and neck. In Encinitas, sandbars form along the shoreline causing water depth to vary significantly. We also have areas of rock and reef that pose a threat when entering the water. Always check water depth before diving in.



**CAUTION Inshore Holes**  
Inshore holes are depressions up to several yards in diameter, dug into the sand by wave action. They can occur all along the Encinitas coastline. They pose a particular safety threat to small children who can easily step from ankle deep water into depths over their heads. A similar hazard is created around reef or rocky areas, where waters may be injured or trapped in the uneven surfaces. Check with a lifeguard to become aware of areas where inshore holes may be present.



**DANGER Rip Currents**  
A rip current occurs when water pushed to the shore by wave action moves back out to sea through a small channel or break in the surf. These currents normally dissipate just outside the surf line. If caught in a rip current, don't panic, swim parallel to the shoreline until out of the current, then return to the beach. Rip Currents can occur all along the Encinitas coastline. Always look for signs posted warning of rip currents and check with a lifeguard for conditions before entering the water.



**CAUTION Heavy Surf**  
Heavy surf is normally caused by distant storms over the ocean and can occur any time of year along the Encinitas coastline. Know your limits before swimming, surfing, or bodyboarding in large surf. Surfers and bodyboarders should always wear swim fins in heavy surf. Always check with a lifeguard regarding current conditions before entering the water.



**CAUTION Rocks and Low Lying Areas**  
Large rocky areas or low lying areas can be dangerous, particularly during high tides and periods of heavy surf. Each year, numerous rescues take place when people are either stuck

on or swept from rocks. Always stay away from these areas. If you witness someone in distress, contact the nearest staffed lifeguard station or dial 911.



**DANGER Lobster Traps**  
Lobster traps can be found all along the Encinitas coastline during lobster season, which is October-May. High surf pushes lobster traps into the surf line, where they pose a threat to surfers and bodyboarders whose leashes may become entangled with the trap line, holding the victim underwater when waves and currents are active. If you see a lobster trap in the surf line, report it to a lifeguard immediately.



**UNLAWFUL Fires**  
Hours after they are extinguished, fires can still pose a serious threat to public safety. Buried coals and embers cause several cases of serious burns every year. Fires are therefore prohibited outside of designated fire rings at all times. If you come upon evidence of a fire in the sand, report it to the nearest staffed lifeguard station immediately. Barbecues are allowed in self-contained apparatus, and hot coals must be disposed of either away from the beach or in a designated fire ring. Never dispose of or bury hot coals in the sand. Designated fire rings can be found in Encinitas at Moonlight Beach.



**UNLAWFUL Glass**  
Broken glass on the beach can pose a serious threat to public safety and is the cause of numerous injuries every year. It is therefore unlawful for anyone to possess any type of glass container on city beaches, parks, or waterways.



**UNLAWFUL Alcohol**  
Alcohol contributes to many problems that occur on our beaches. Each year, numerous rescues and first aids can be directly attributed to the use of alcohol. Therefore, use

or possession of alcohol is prohibited at all times on any city beach, park, or waterway.



**DANGER Contaminated Water**  
Ocean water can become contaminated from numerous sources, including sewage or excess water runoff from streets. It is recommended that no one enter the ocean for 72 hours following significant rainfall. Swimmers should always stay a minimum of 100 feet away from any active storm drain or other water outfall. Contaminated areas are normally posted, but contact a lifeguard for updated information regarding contaminated water.



Moonlight Beach, Encinitas Lifeguard Headquarters



**Swimming/Surfing areas**  
During certain times of the year on Encinitas beaches, lifeguards separate swimming from other activities to prevent accidents. Inside the swimming area, only swimming, wading, and bodyboarding are permitted. Outside of these designated areas, surfing, kayaking, and all other recreational activities are permitted. In Encinitas, a checkered flag showing the surfing area and a blackball flag showing the swimming zone marks these areas. Always check with a lifeguard before entering the water to see where designated swimming areas are posted.