

SURFING

All surfers using the numerous surfing beaches along our coastline should adhere to a basic code of ethics respecting fellow surfers and the environ ment. Please

observe all beach ordinances, remove all trash when leaving the beach, and respect others in the water Don't cut off other surfers, stay clear of other surfers while paddling out, and maintain control of your equipment at all times. Any problems can be reported to the nearest staffed lifeguard tower.



DIVING

Scuba Diving

The Encinitas coastline contain several beach areas, kelp beds, caetline contain 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, oval 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





Whether in the water or on land, the universal sign for distress is waving of one or both arms in the air. lifeguard will respond to assist,



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.



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.



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



dyboarders should also use swim fins. If the water is cold use tsuit to prevent hypothermia.

Lifeguard Hours for Spring and Summer



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Winter & Early Spring Hours

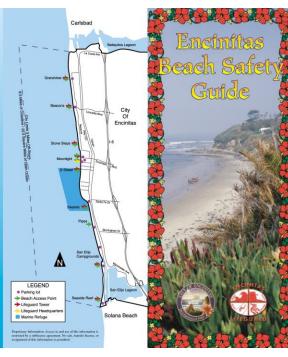
Lifeguards are on duty daily at the Moonlight Beach Lifeguard Headquarters from 9 a.m. to 5 p.m. through April 2. The Swama's light guard tower is also staffed during the spring when conditions warrant, such as during periods of high surf. In addition, lifeguard

Late Spring & Summer Hours

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

ant Telephone Numbers

24 Hour Dispatch (After hour





Bluff Caution

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

gradual, but sometimes occurs in major bluff failures or collapses. Being caught in a bluff collapse area can cause serious injury or death. It is also important for visitors to avoid walking, standing, or sitting directly underneath unstable bluffs, overhangs and caves. If you witness a bluff failure, contact the nearest staffed lifeguard station or call



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 NO CLIMBING ON BLUFFS only dangerous but can rapidly speed up the erosion process and is therefore

prohibited at all times.



Stingrays are found in the Encinitas area in shallow water. They are not equipped with a barb and

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 allergicreaction occurs, dial 911 immediately.



range in size from a few inches to three feet in diameter. They are common

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



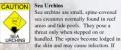
Stingray

enom gland on their tail

Jellyfish are free swimming, colorless, and

in Encinitas during the





you step on a sea urchin, report to the nearest staffed lifeguard station for first aid. If an allergic reaction occurs, dial 911 immediately.

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 onable distance and report it to

the nearest staffed lifeguard station.



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

ock and reef that pose a threat when entering the water. Always check water depth before



CAUTION Inshore Holes

Inshore holes are depressions up to several vards in diameter, dug into the sand by wave action. They can occur all along the Encinitas coastline. They IN-SHORE 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 waders may be injured or trapped in the uneven surfaces. Check with a lifeguard to become aware of areas where inshore holes may be present.



CURRENT

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 horeline 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.



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 a leash; body-boarders and swimmers should always wear swim fins in heavy surf. Always check with a lifeguard regarding current conditions before entering the water.



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.



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.



Hours after they are extinguished, fires can still pose a serious threat to public safety. Buried coals and embers cause several cases of seriou hums 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 life guard 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.



Glass

Broken glass on the beach can pos 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

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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.



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.





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 orfing, 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.