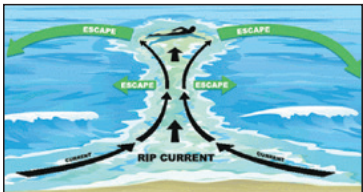


RIP CURRENTS



- Never swim alone.
- Always swim at a lifeguard protected beach.
- Obey all instructions and orders from lifeguards.
- If caught in a rip current, remain calm to conserve energy and think clearly.
- Be cautious at all times, especially when swimming at unguarded beaches.

**IF IN DOUBT,
DON'T GO OUT!**

STAY ALIVE

Don't fight the current. Swim out of the current in a direction following the shoreline. When out of the current, swim towards shore.

General Information

Surfing Beaches:

3rd Ave., Gurney St., Jefferson St. and Wilmington Ave.

Kayak Launch Areas:

4th Ave. and Wilmington Ave.

Fishing Beach:

Non-Guarded area between Wilmington Ave. and Brooklyn Ave.



Contact Information

CMBP: 609-884-9520 (May-Sept.)

Fax: 609-884-3014

E-Mail:

capemaybeachpatrol@comcast.net

Mailing:

206 Beach Ave., Cape May, NJ 08204

Emergency Numbers 911

Police: 609-884-9500

BEACH SAFETY

City of Cape May
Beach Safety Information

- Rip Currents
- Head, Neck & Back Injuries
- Sun Protection
- Marine Life
- Flag System

THESE COLORS MAY
SAVE YOUR LIFE



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NATIONAL HISTORIC LANDMARK
643 Washington Street
Cape May, NJ 08204-2397
609-884-9525

CITY OF CAPE MAY BEACH SAFETY INFORMATION

WARNING FLAG SYSTEM

1
Low
Hazard

Beach Boundary Flag



2
Caution

3
Dangerous

4
Sea Pests

These flags mark areas on the beach that are not open to bathers. Check with the lifeguards before you enter the water.

SUN PROTECTION

- Always apply sunscreen that protects against both UVB and UVA Rays.
- Use an umbrella when sitting on the beach.
- Stay well hydrated by drinking water.
- Avoid drinking alcohol.
- Avoid strenuous exercise during high temperatures.

MARINE LIFE

Jelly Fish are common in our waters in July and August. If you are stung by a jelly fish a simple solution of 1/2 water and 1/2 vinegar will neutralize the venom of the sting. If you experience severe pain, hives or difficulty breathing contact the nearest lifeguard for assistance.

HEAD, NECK & BACK INJURIES



1. **DON'T** dive toward the bottom into oncoming waves.
2. **DON'T** stand with your back to the waves.
3. Avoid bodysurfing, bodyboarding or surfing straight "over the falls." Ride the shoulder.

Spinal Cord injuries are a serious problem in the Shore Break, usually associated with diving head first and hitting the bottom. Spinal Cord injury, perhaps more than any other trauma injury, can have severe lifelong consequences for the victim, parents, friends, and even rescuers, but **MOST SPINAL CORD INJURIES ARE PREVENTABLE.**



4. Check with lifeguards on current conditions before swimming. **KNOW BEFORE YOU GO.**
5. Swim near a lifeguard.
6. STOP, watch, and walk into the water.
7. DON'T dive headfirst into any unknown water.
8. DON'T jump or dive from a cliff, pier, jetty or bridge.
9. In a "wipeout," land as flat as possible with your hands out in front of you.
10. While bodysurfing, keep an arm out in front of you to protect your head and neck.
When in doubt, DON'T DIVE, play it safe!

AN EXPERIENCED SWIMMER RESPECTS THE OCEAN