

## NORFOLK BEACHES

The Department of Recreation, Parks and Open Space's Aquatics Division invites you to have outdoor fun at City beaches!

### CITY OF NORFOLK BEACH PARKS

*Lifeguards on duty seasonally from Memorial Day Weekend to Labor Day*

#### **Community Beach Park**

700 E. Ocean View Avenue

#### **Sarah Constant Beach Park**

300 W. Ocean View Avenue

#### **Ocean View Beach Park**

100 W. Ocean View Avenue

**For further information about City beaches, contact the Norfolk Department of Recreation, Parks & Open Space Aquatics Division HOTLINE at (757) 441-1605.**

### **PLEASE OBSERVE THE FOLLOWING RULES AND REGULATIONS WHILE ENJOYING NORFOLK BEACHES.**

- **LIFEGUARDS**
  - City of Norfolk Lifeguards are on duty seasonally at Sarah Constant Beach Park, Community Beach Park, and Ocean View Beach Park the Saturday before Memorial Day through Labor Day from 10:00 a.m. to 6:00 p.m. daily. Norfolk Beach Lifeguards respond to land and water emergencies along the 7.5 miles of beach stretching from Willoughby to East Ocean View.
  - **Call 911 for emergencies.**
  - To reach Lifeguard Headquarters, call 757-441-1775 (non-emergencies).
- **PROHIBITED ACTIVITIES**
  - No alcoholic beverages, littering, glass containers, loud music, illegal weapons, obscene behavior, nudity, or open fires (grilling) permitted on the beach at any time. Grilling is allowed on the grass areas of both Community and Sarah Constant Park Beaches.
  - Vending advertising, distributing or handing out any cards, leaflets, pamphlets, brochures, or like material is unlawful except by permit.
  - Residential use of beach trash receptacles is strictly prohibited.
  - Skateboards, skates, or bicycles are not permitted on beach access ways or ramps.
  - Trespassing on rock jetties, wooden jetties, and sand dunes is unlawful.
  - Illegal activities and inappropriate behavior will not be tolerated. Failure to comply with directions of Police Officers, Lifeguards or any designee of the City of Norfolk may result in legal actions.
- **PET OWNERS**
  - No dogs or domestic animals are allowed on beaches from 10:00 a.m. - 6:00 p.m. seasonally, beginning the Saturday before Memorial Day through Labor Day.
  - It is unlawful for dog owners to permit animals to defecate on public or private property without removal and disposal of feces in a proper manner.
  - Dogs and/or domestic animals must be maintained on a leash (8 feet or less).
- **MOTOR VEHICLES AND PARKING**
  - Motorized vehicles are not permitted on Norfolk beaches (authorized vehicles only).
  - Park in designated parking areas only; do not block roadways and driveways.
  - Please do not block emergency beach access points.

- **NORFOLK PUBLIC BEACH ACCESS LOCATIONS**

- View Streets: 6<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, 11<sup>th</sup>, 13<sup>th</sup>, & 15<sup>th</sup>
- Seabreeze Road
- Hammett Parkway
- Shipwatch Road
- Atlans Street
- Beach View Street
- Sturgis Street
- Beaumont Street
- Grove Avenue
- Cape View Avenue
- Cape View Avenue
- Inlet Road
- Bay Streets: 3<sup>rd</sup>, 7<sup>th</sup>, 13<sup>th</sup>, 15<sup>th</sup>, 17<sup>th</sup>, & 19<sup>th</sup>
- Ocean View Park (4)
- Bay Breeze
- Access ramps and walkways to the beach can be found at Community Beach Park and Ocean View Beach Park.

### **NORFOLK BEACH AMMENITIES**

- Public restrooms and showers are located at Community Beach Park, Ocean View Beach Park, and Sarah Constant Beach Park.
- Picnic tables are available at Community Beach Park and Sarah Constant Beach Park.
- Public parking lots are free for use at Ocean View Beach Park, Sarah Constant Beach Park, and Community Beach Park.
- Trash cans are located along all Norfolk City Beach **accesses**; please use them and DO NOT LITTER.

### **BEACH SAFETY TIPS – CALL 911 FOR EMERGENCIES**

- Swim near a lifeguard and obey posted rules and warning signs.
- **Always swim with a buddy, never swim alone.**
- Pay attention to whistles and follow the directions of lifeguards and police officers.
- Parents, watch your children at all times; it only takes 20 seconds for a child to drown.
- Ask the lifeguard about dangerous water or weather conditions.
- To avoid injury, stay away from piers, pilings, and jetties.
- Beware of dangerous marine life that may be present in open water. Avoid if possible.
- Never swim during electrical storms. Clear the beach **and water** immediately at the first sound of thunder or flash lightening.
- Watch for dangerous waves and rip currents.
- Obey warning flags when posted.
  - **Red Flags** – No Swimming Allowed.
  - **Yellow Flags** – Use Caution and do not exceed waist deep water.
  - **Green Flags** – No Posting Warnings.
- If caught in a rip current, do not try to swim against it. You may call for help and/or swim parallel to shore and then to safety.
- To avoid head, neck and back injuries, never dive into waves head first.
- When body surfing, always keep your arms out in front of you to protect your head and neck.
- Protect your skin by using sun screen – reapply regularly. Also wear hats, sunglasses, and clothing to protect you from the sun. Umbrellas are effective though please DO NOT place near waterline as they will block the view of lifeguards on duty.
- Drink plenty of water while enjoying the sun and watch for signs of heat exhaustion.
- Extended breath-holding activities are dangerous.
- Be aware of submerged hazards such as rocks, shells, wooden structures and metal objects.
- Use protective footwear when necessary.
- **Call out to a lifeguard for help during duty hours.**
- **Dial 911 for emergencies when lifeguards are not on duty.**