Stay Safe in the Surf!

Beach Safety Tips

- Swim near a lifeguard
- Understand the water conditions in your swimming area
- Be aware of drop offs, rip currents, & submerged hazards
- Do not rely on flotation devices in deep water
- Obey safety signs & warning flags on the beach
  \textit{Red flags = NO SWIMMING}
- Avoid rock jetties & wooden structures
- Never swim alone or at night
- Remember sun protection
- Never swim during electrical storms
- Avoid dangerous marine life
- Supervise children at all times
- Enter feet first, do not dive into open water head first
- Call 911 in an emergency

NORFOLK BEACH LIFEGUARD HOURS
May 27 - September 4
10:00 a.m. - 6:00 p.m. daily

Community Beach    Sarah Constance Beach    Ocean View Beach
700 E. Ocean View Ave. 300 W. Ocean View Ave. 100 W. Ocean View Ave.