



## Vancouver Park Board Beach and Water Safety Tips

To ensure a safe trip to the beach the Vancouver lifeguards recommend the following:

- Learn to swim - it's cheap life insurance. All pools offer lessons.
- Swim in lifeguard patrolled areas - between the red buoys at the ocean beaches listed above.
- Never swim alone - swim with a buddy.
- Supervise children closely even if there is a lifeguard present. He/she has many people to supervise.
- Inflatable devices are prohibited because they can get caught in a wind, current from tides or even deflate in deep water.
- Alcohol and swimming don't mix.
- Don't dive off piers or swimming rafts. The water has variable depths according to the tides.
- Follow the parks by-laws and regulations so everyone can enjoy the facility safely.
- Leave your dog at home or use an off leash area.
- Listen to the lifeguard. He/she has the expertise to make sure you have a safe time along with others.
- Swim parallel to the shore if you want to swim long distances.
- If you are in trouble call or wave for help if you can.
- Glass containers are not recommended at the beach. Broken glass and bare feet is very dangerous.
- Beach fires can burn feet well after the fire is not lit. The coals can remain hot into the next day if covered with sand.
- BBQ coals should be disposed of in a coal pit. If there is no pit present then douse the coals thoroughly with water before disposing in a garbage can.
- Report any hazardous conditions to lifeguards.
- Stay away from piers and jetties especially during windy conditions.
- Overnight camping and parking in beach lots is prohibited.
- Kite surfing and kite boarding is not permitted at the public beaches. An out of control kite boarder can hurt someone as well as him/herself by hitting another swimmer, or having their nearly transparent lines cut someone severely.
- For any large gathering or special event a permit is required. See information on the main page of the Parks website.
- Use sunscreen on all parts of your exposed body. Watch out for young children getting burnt even in questionable weather. Use a minimum sunscreen of SPF 15 as well as a hat and shirt when you are not swimming.