

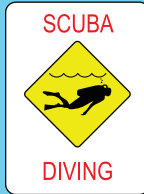


SURFING

SURFING CODE OF ETHICS

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



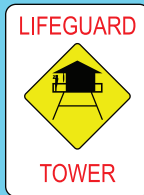
SCUBA

DIVING

SCUBA DIVING

The Encinitas coastline contains several beach areas, kelp beds, and the Swami's State Marine Conservation Area, all of which are ideal for scuba diving. However, all scuba divers must be properly certified and should always dive with a buddy.

All divers should also have a dive plan and perform equipment checks before entering the water. Removal of invertebrate sea creatures is prohibited in the Swami's State Marine Conservation Area. For safety reasons, it is advised that all divers contact a lifeguard before entering the water regarding their dive plans.

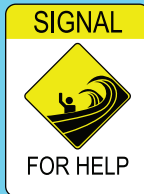


LIFEGUARD

TOWER

LIFEGUARD TOWER

Lifeguard stations in Encinitas are staffed seasonally depending on weather and number of beach patrons. The Marine Safety Center at Moonlight Beach is staffed year-round. A uniformed lifeguard and a rescue buoy hanging from the station are indicators of a city lifeguard on duty. Always swim near a staffed lifeguard station when using the beach.



SIGNAL

FOR HELP

ASSISTANCE

Whether in the water or on land, the universal sign for distress is waving one or both arms in the air.



CAUTION

HYPOTHERMIA

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, and begins with shivering. To prevent hypothermia, limit the amount

of time immersed in cold water, wear a wetsuit, wrap yourself in a towel or blanket after exiting the water, and get out of the wind. If you suspect that you or someone else may have hypothermia, contact the nearest staffed lifeguard station for first aid, or call 911.



CAUTION

HEAT

HEAT EXHAUSTION/STROKE

Heat exhaustion is a serious medical condition that can occur at any time with prolonged exposure to the sun or heat, and begins with profuse sweating. To prevent heat exhaustion, stay in the shade and drink plenty of

fluids. 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 exhaustion or heat stroke contact the nearest staffed lifeguard station or call 911.

SUN SAFETY

- Protect yourself from the sun all year long
- Wear sunscreen and wear a hat
- For more information about sun safety visit: www.epa.gov/sunsafety



CAUTION

NO DIVING

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 rock and reef that pose a threat when entering the water. Always check water depth before diving in.

BEACH WHEELCHAIRS

Beach wheelchairs are available on a first come, first serve basis at the Marine Safety Center at Moonlight Beach. Use of the wheelchairs is free of charge, however no reservations are accepted.

Swami's State Marine Conservation Area

Swami's State Marine Conservation Area is a marine protected area in Encinitas that extends from Cottonwood Creek to the northern border of Solana Beach and out 3 miles.

Permitted/Prohibited Uses:

1. It is unlawful to injure, damage, take, or possess any living, geological, or cultural marine resource for commercial and/or recreational purposes, with the following specified exceptions:

- A. Recreational take by hook-and-line from shore is allowed.
- B. The recreational take by spearfishing of white seabass and pelagic finfish is allowed.
- C. Take pursuant to beach nourishment and other sediment management activities and operation and maintenance of artificial structures inside the conservation area is allowed pursuant to any required federal, state and local permits, or as otherwise authorized by the Department.

For more information, please visit: www.wildlife.ca.gov/mpas, or check the city webpage at <https://encinitas-ca.gov/Government/Departments/Public-Safety/Marine-Safety/Swamis-State-Marine-Conservation-Area>.

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 SMOKING/VAPING
- NO SURFING IN SWIMMING AREAS
- NO CLIMBING ON BLUFFS
- FIRES/BARBEQUES IN DESIGNATED AREAS ONLY

FIRE PIT RULES AND REGULATIONS

- Fire Pits at Moonlight Beach are available on a first come, first serve basis and cannot be reserved. Items left unattended can be removed.
- No fires can be outside the fire pits
- Can only use clean wood. Cannot burn paper, waste, treated wood or painted wood in the fire pits.
- Fire pits close at 10:00 pm and reopen at 5:00 am.

SUMMER OUTER TOWER HOURS

(MEMORIAL DAY HOLIDAY – LABOR DAY HOLIDAY) Seasonal lifeguard stations, which are located at the base of public beach access stairs, are staffed daily from 10 am to 6 pm.

CITY OF ENCINITAS MARINE SAFETY CENTER

Encinitas Marine Safety Center at Moonlight Beach is normally staffed from 8:00 am until dusk 365 days a year. This Moonlight Beach lifeguard headquarters has a first aid room and a sheriff department work station. Encinitas lifeguards are responsible for providing beach safety services along nearly 4 miles of coastline. In addition, lifeguards frequently respond to calls for bluff failures, wildlife rescues, boating accidents, cliff rescues and accidents occurring in our local lagoons and rivers. If you are planning a trip to the beach and are concerned about the ocean conditions or bluff safety, it is recommended that you call the Encinitas Lifeguards at 760-633-2750 for advice on which beaches to visit and report of current ocean conditions.



OFF SEASON TOWERS HOURS

Lifeguards are on duty daily at the Moonlight Beach Lifeguard Headquarters from 8 am to sunset year round. The Swami's lifeguard tower is also staffed during the off season when conditions warrant, such as during periods of high surf. In addition, lifeguards routinely patrol the Encinitas coastline year-round.

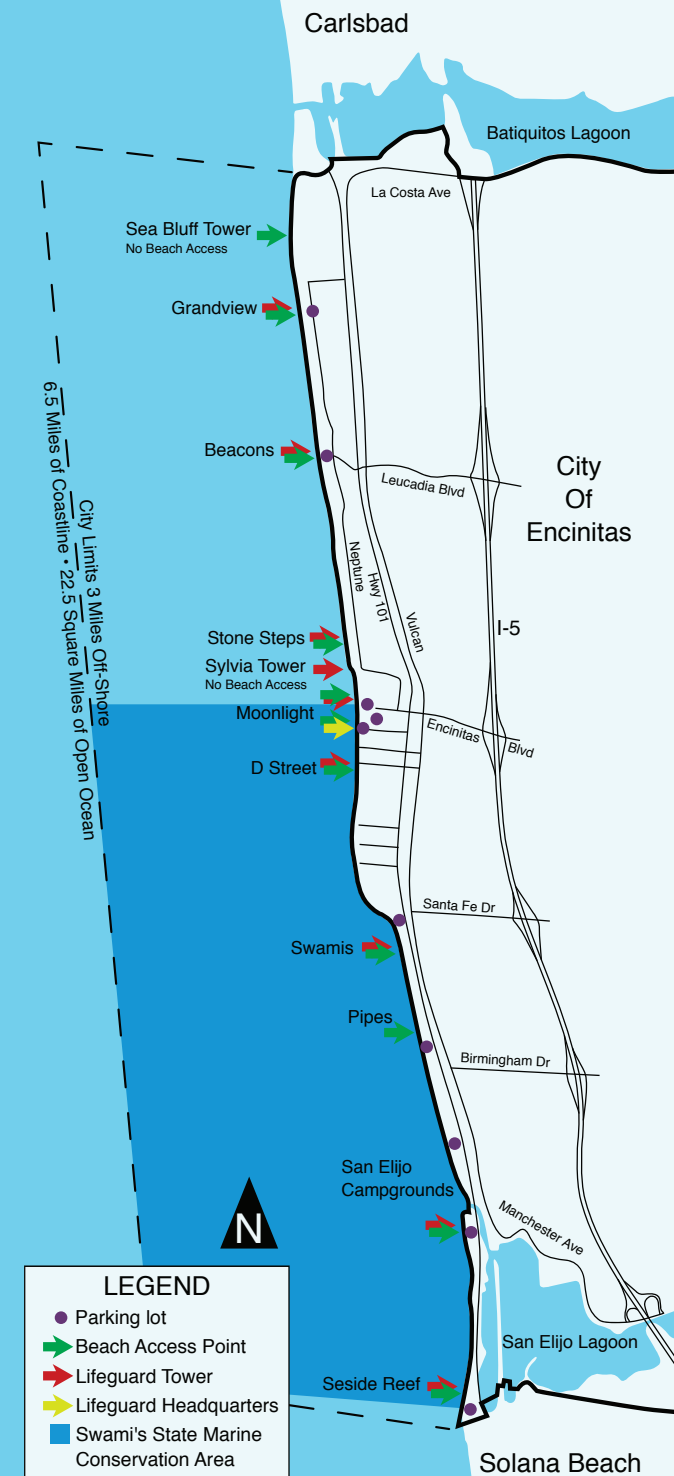
To arrange for a public education visit to your school or group, please contact the Encinitas Lifeguard Administration.

IMPORTANT PHONE NUMBERS

(Normal business hours)
Lifeguard Headquarters: (760) 633-2750
Surf Report: (760) 633-2880
Lifeguard Admin/Lost and Found (760) 633-2786
Encinitas Junior Lifeguards: (760) 633-2752
Email: encjrguards@encinitasca.gov

24 HOUR DISPATCH

(After hours)
Non- Emergency (858) 756-3006
Emergency 911

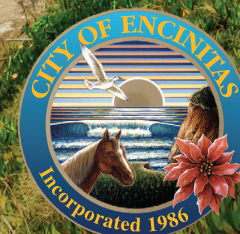


LEGEND

- Parking lot
- ➔ Beach Access Point
- ➔ Lifeguard Tower
- ➔ Lifeguard Headquarters
- Swami's State Marine Conservation Area

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ENCINITAS BEACH SAFETY GUIDE





BLUFF CAUTION

The bluffs or cliffs along the beaches of Encinitas are made of sandstone and are constantly eroding. This erosion is usually slow and gradual, but sometimes results 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 close to bluffs, overhangs and caves. If you witness a bluff failure notify the nearest lifeguard and call 911 if you suspect there are injuries.



NO CLIMBING ON BLUFFS

The bluffs that are situated along Encinitas beaches are delicate and unstable and can pose a threat to beach goers. Climbing on the bluffs is not only dangerous but can rapidly speed up the erosion process and is therefore prohibited at all times.



STINGRAY

Stingrays are found in the Encinitas area in shallow water. They are not aggressive animals but are equipped with a barb and venom gland on their tail 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. Submersion of the injury in hot water breaks down the venom and shortens the duration of pain. These injuries may become infected if not treated. If an allergic reaction occurs, dial 911 immediately.

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JELLYFISH

Jellyfish are free swimming, colorless, and range in size from a few inches to three feet in diameter. They are common in Encinitas during summer months. Their tentacles cause an uncomfortable reaction when they come into contact with human skin. Although jellyfish do not cause serious risk in Southern California waters, if stung report to the nearest staffed lifeguard station for first aid. If an allergic reaction occurs, dial 911 immediately.

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SHARKS

The coastal water of Southern California is a habitat for various shark species. While local shark sightings are not common, Encinitas lifeguards follow a statewide protocol for informing the public about shark-related incidents, which includes sign posting. Visit the Encinitas Marine Safety Center at Moonlight Beach if you have any questions our lifeguards may be able to answer regarding local marine life.

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OCEAN MAMMALS & OTHER WILDLIFE

Sea lions, 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 reasonable distance and report it to the nearest staffed lifeguard station.



SEA URCHINS

Sea urchins are small, spine-covered sea creatures normally found in reef areas and tide pools. They pose a threat only when stepped on or handled. The spines become lodged in the skin and may cause infection. If you step on a sea urchin, report to the nearest staffed lifeguard station for first aid. If allergic reaction occurs, dial 911 immediately.

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INSHORE HOLES

Inshore holes are depressions in the sand up to several yards in diameter, created by wave action. They can occur all along the Encinitas coastline. They 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.

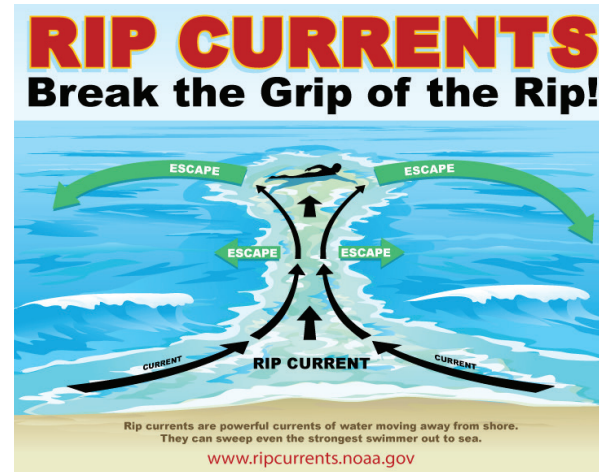
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ROCKS & LOW LYING AREAS

Large rocky areas or low lying areas can be dangerous, particularly during high tides and heavy surf. Each year, numerous rescues take place when people are either stranded 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.

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RIP CURRENTS

A rip current occurs when water pushed to the shore by wave action moves back out to sea through a narrow 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 shoreline until out of the current, and 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.

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HEAVY SURF

Heavy surf is normally caused by distant storms creating ocean swells that travel far before reaching our coastline. Heavy surf can occur any time of year along the Encinitas coastline. Swimming, surfing, or bodyboarding in large surf requires local knowledge, skill and fitness, so be realistic about your abilities. Surfers and bodyboarders should always wear a leash; bodyboarders and swimmers should always wear swim fins in heavy surf. Always check with a lifeguard regarding current conditions before entering the water.

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LOBSTER TRAPS

Lobster traps can be found all along the Encinitas coastline during lobster season, which is the end of September through mid-March. High surf pushes lobster traps into the surf line, where they pose a threat to surfers and bodyboarders whose leases 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, contact the nearest staffed lifeguard station and report the location of the trap.

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FIRES

Encinitas Municipal Code (8.04.040) prohibits fires outside of designated fire rings at Moonlight Beach at all times. Hours after they are extinguished, fires can still pose a serious threat to public safety. Buried coals cause several cases of serious burns every year.

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GLASS

Encinitas Municipal Code (8.04.030) prohibits glass containers on city beaches, parks of waterways. Broken glass on the beach poses a serious threat to public safety and is the cause of numerous injuries every year. Do not bring glass containers on the beach.

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ALCOHOL

Encinitas Municipal Code (9.28.040) prohibits alcoholic beverages on city beaches, parks and waterways including related accesses and parking lots. Alcohol contributes to many problems that occur on our beaches. Each year, numerous rescues and first aids can directly attribute to the use of alcohol.

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SMOKING/VAPING

Encinitas Municipal Code (11.09.030) prohibits smoking and vaping on city beaches, parks or trails. Smoking, vaping and second-hand smoke are known health hazards, as well as, nuisances to non-smokers.



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 water outfall. Contaminated areas are normally posted, but contact a lifeguard for updated information regarding contaminated water.

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SWIMMING/SURFING AREAS

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, surfing, kayaking, and all other recreational activities are permitted. At Moonlight Beach, a checkered flag shows the surfing area and a blackball flag shows the swimming zone area. Always check with a lifeguard before entering the water to see designated swimming areas are posted.

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