

# Play it safe. Plan Ahead.

- **Expect sneaker waves.**
- **Always face the water** while on the beach and always keep an eye on the incoming waves.
- **Stay as far away from the ocean as your activities allow.** Wet sand makes walking easier but puts you at higher risk. Choose to sit or picnic higher up on the dry sand well away from the ocean.
- **Life jackets are lifesavers.** Wear a life vest during activities that require you to be on the beach with your attention diverted, such as fishing or tidepooling.
- **Know the wave conditions.** Watch for High Surf Advisories issued by the National Weather Service, but **remember that sneaker waves can occur any time** – even when the forecast calls for small waves.
- **Check the tides** before you go. Know when high tide occurs. High tides put you at greater risk while on the beach.

## FOR MORE INFORMATION

### Weather Forecast, Storm and High Surf Advisories

Recorded forecast: (707) 443-7062  
<http://www.wrh.noaa.gov/Eureka>

### Tide Tables

Check tide tables at park visitor centers.  
Tide tables on line:  
<http://www.wrh.noaa.gov/eka/marine/tides.php>

### Tsunamis

Humboldt Earthquake Education Center  
Geology Dept., Humboldt State University  
(707) 826-6019  
Earthquake Hot Line (707) 826-6020  
[http://www.humboldt.edu/~geodept/earthquakes/eqk\\_info.html](http://www.humboldt.edu/~geodept/earthquakes/eqk_info.html)

### NOAA Weather Radio

The best way to stay informed on changing coastal weather conditions is to carry a NOAA Weather Radio. They're inexpensive and available at most electronics stores.



### Developed by:



**Redwood National and State Parks**  
1111 2nd Street  
Crescent City, California



U.S. Department of Commerce  
National Oceanic and  
Atmospheric Administration  
**National Weather Service**

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# Redwood

National and State Parks

## Enjoying The Beach

### *Tips to Stay Safe While Enjoying the North Coast*

The coastline of Redwood National and State Parks is rugged, beautiful and remote. The parks' coastal areas offer scenic vistas, tidepool exploration, hiking, whale watching and dramatic sunsets.

**While enjoying the beach,  
be safe. Don't let the ocean  
catch you off guard.**

## Beware of Sneaker Waves

Even on relatively calm days, large sneaker waves can strike without warning. Sneaker waves surge high up on the dry sand with enough force to knock you down and drag you into the ocean — where you will likely be killed by the combination of numbing cold water, turbulent surf and rip currents.

*On average, four people drown from sneaker waves every year on Northern California beaches.*

**Don't turn your back on the ocean.**

## Watch for Rising Tides

Rising tides cause waves to wash farther and farther up the beach and make it even easier to be caught off guard by a sneaker wave. They can also cut off hiking trails around headlands forcing you to walk dangerously close to the surf.

## Tsunami Hazards



If you feel an earthquake on the coast, no matter how small, immediately move to high ground or inland.

Go to an area 100 feet above sea level or two miles inland away from the coast.

## At the Beach...

### If YOU go into the water,

whether on purpose or by accident, you may find yourself in trouble.

**Stay calm.** You will make better decisions and save your strength.

**Call for help.** Yell to catch the attention of someone on shore.

**If you can,** swim slowly and steadily to the beach.

**If caught in a RIP CURRENT,** don't fight the current. Swim across the rip current (parallel to the beach) to get out.

**If SOMEONE ELSE goes into the water** and they are in trouble:

**Stay calm.** You will make better decisions.

**Don't go in the water. Most rescuers don't survive!** Keep an eye on the person in the water!

**Call 9-1-1.** Use a cell phone or immediately send someone to the nearest phone to call for help.

## Keep your Kids Safe

Talk to children about beach safety.

- ✓ **Put life vests on children** if they are going to be in or near the water.
- ✓ **Keep a constant watch** on children and the waves.
- ✓ **Keep children close to adults.**
- ✓ **Move everyone away** from the water if waves become larger.

*At Freshwater Lagoon Spit, four drowning deaths, including young children, have occurred from sneaker waves since 2004. Without warning, park visitors were knocked down and dragged into the ocean by a large and unexpected wave. They did not survive.*

*A respect and understanding of the power of the ocean will help keep you safe while enjoying the rugged beauty of our north coast.*