

Beach Safety & Surf Etiquette

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Del Mar Lifeguards



Del Mar Community Services 2024



Del Mar Lifeguard Stats Jan-Dec 2024

Rescues:

Ocean Rescues: 1309

Cliff Rescue: 2

River Rescue: 1

Total Rescues: 1311

Safety Contacts:

Swimmer (914): 28,297

Water Safety Contact (WSC): 1,106

Cliff Warning (916): 2,482

Dog Warnings (915): 8,514

Glass Warning (918): 555

Alcohol Warning (917): 1,391

Total Safety Contacts: 42,037

Medical:

Medical: 566

Sting Ray Stings: 406

Medical Total: 972

Lost Persons (found): 64

Attendance:

Beach Patrons: 2,854,900

Swimmers: 310,993

Surfers: 185,821

**Beach Attendance Total:
3,351,714**

Why are we here today

- **Your safety**
- **Fun in the Sun**
- **Basic etiquette**
- **Junior Lifeguards**
- **Career**



Ocean Safety



- Swim/Surf with a Buddy
- Swim in front of an open Lifeguard Tower
- Don't swim at night
- Do not dive into shallow water or shore break
- Swim and Surf in designated areas
- Check with lifeguards for current water conditions

Flags and Signs on the Beach

Del Mar Beach Regulations



Swim



Bodyboard



**Surfing
Only**



**No
Swimming**



**No
Surfing**



**No
Fishing**

DMMC Minimum Fine \$300

*Groups 25 or more require a permit
Call 858-755-1524*



**No
Beach Games**

No Smoking

*Parks, Beaches, Beach Access,
Seawalls, Sidewalks
& Street Ends.*



**No Alcoholic
Beverages,
No Glass**

**No Fires or
Charcoal BBQ's**
Liquid Propane Barbeques OK.



**No Camping,
No Tents or
Large Canopies**

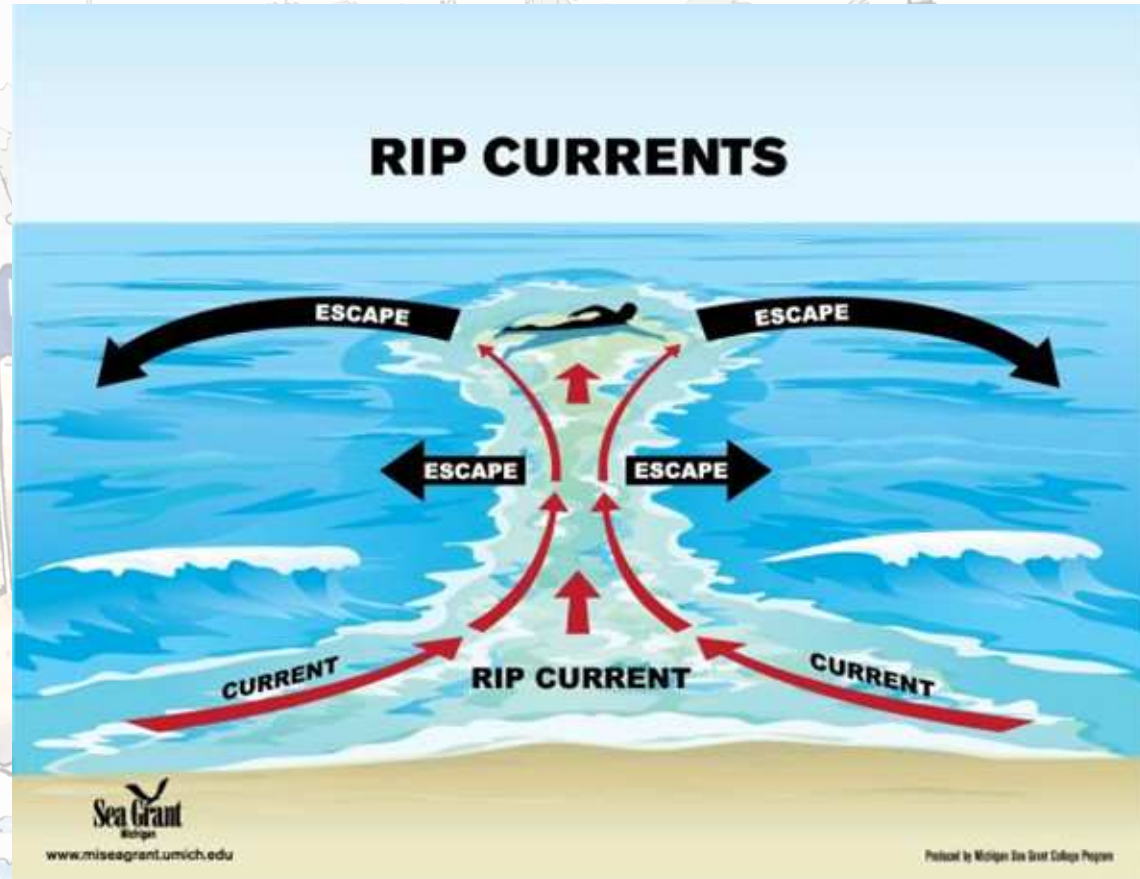
Emergency Lifeguard 858-755-1556

Passive and Non-Passive use areas on the Beach



Rip Current

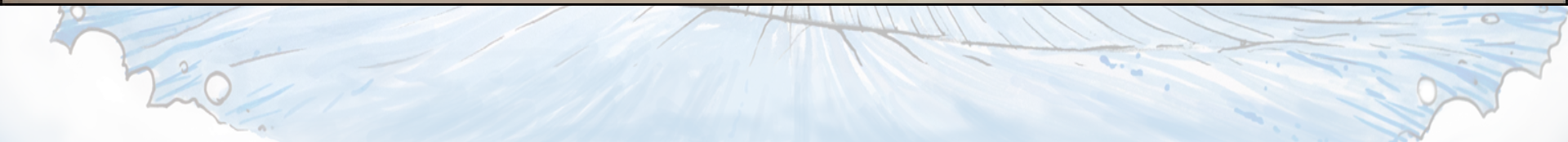
- How to identify
- Surf and swim in area where there are none
- Stay calm



Can you spot the rip?



Photo: NOAA





**Del Mar Beach-Multiple rip currents from
18th Street to Rivermouth**



Inshore Holes



Beach Safety

- Screen up, UV Shirts, Hat
- Hydrate
- Mandatory: Swimsuit, Fins, Leashes
- Wetsuits
- KNOW YOUR LIMITS (big surf, cold water)

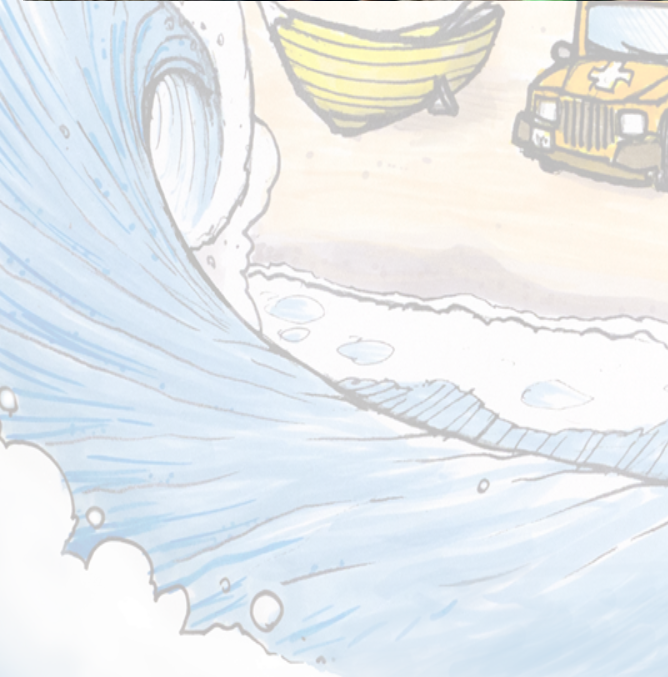


Coastal Cliffs are very unstable
Stay back at least 15 feet





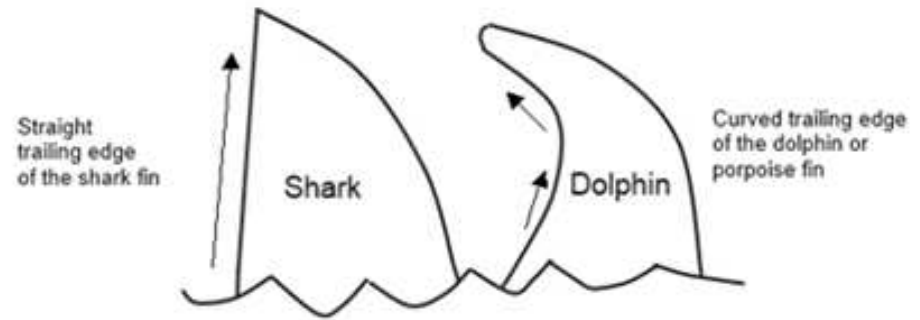
- Holes are dangerous
- Dig only up to your knees
- Have a parent watch over you



Sharks

- Sharks swim horizontally vs Dolphins swim vertically
- Report sightings to lifeguards (size, fin shape, unique markings, behavior, location)
- Avoid swimming/surfing during dawn and dusk, and when water is stormy with poor visibility

How to tell if a dorsal fin breaking the surface of the water belongs to a shark or a dolphin



Shark's dorsal fin



Dolphin's dorsal fin

This is their home!



Surf Etiquette

A colorful illustration of a beach scene. In the foreground, blue waves with white foam are breaking. In the middle ground, there's a yellow ambulance with a white cross on its side, a red SUV, a yellow boat, and a wooden lifeguard stand. In the background, there are palm trees, a lighthouse, and a house. The sky is light blue with a few birds.

- **Water sport etiquette enables groups of wave riders to share a surf spot, with minimal friction, mishaps, or injuries.**
- **Cordial, respectful interaction in the ocean that creates an atmosphere of camaraderie and positive attitudes.**

The Surfer's Code

DON'T DROP IN

PADDLE WIDE

DON'T THROW YOUR BOARD

GOING RIGHT!

COMMUNICATE

Respect everyone's right to enjoy the surf



Padding Out



- **Study the line up**
- **Wait for a lull and look for other surfers**
- **If path is clear, paddle quickly. Timing is everything**
- **DO NOT let go of your board**
- **Paddle towards white water**

Common Hazards

- Sting rays
- Lobster traps
- Water quality



Bat Rays & Sting Rays



- If stung, use **hot water** to treat

Sting Ray Injury



- If stung, use **hot water** to treat

Lobster Traps

- **October-March**
- **Lots of traps in our lineup**
- **Do not remove on your own. Notify Lifeguards instead.**
- **Buoys and lines are a huge hazard**
- **Best advice – stay away**
- **If entangled in the line – remove your leash and swim to shore**



Water Quality

- **Forecast – La Nina**
 - Mainly dry, but has potential for heavy storms
 - Dry and warm with periods of cold stormy conditions
 - Medium to High surf
- **After rain over 0.20 of an inch – stay out of water for 72 hours**
www.sdbeachinfo.com

WARNING

**WATER CONTACT NEAR
FLOWING STORM DRAINS
MAY CAUSE ILLNESS**



AVISO

**CONTACTO CON EL AGUA
CERCA DE LOS DRENAJES
PUEDE CAUSAR ENFERMEDADES**



For more information concerning beach water quality
contact the Los Angeles County Department of Public Health
1-888-525-5922 <http://www.publichealth.lacounty.gov/health>



Questions



Junior Lifeguards Summer 2025 Ages-9-15

- juniorlifeguards@delmar.ca.us
- <https://www.delmar.ca.us/784/City-of-Del-Mar-Junior-Lifeguards>





Questions



Del Mar Lifeguards Hiring Summer 2025

Age 16 by June 1st 2025

- tgrant@delmar.ca.us

<https://www.governmentjobs.com/careers/delmarca/jobs/4807376/student-lifeguard-seasonal?pagetype=jobOpportunitiesJobs>

