

HELPFUL HINTS

 Looks can be deceiving – if no one is swimming, chances are it's not a good swimming beach.

 Never turn your back on the ocean.

 Know your limits – many ocean activities can be strenuous.

 Wave heights can increase quickly – if you find yourself in this situation, dive underneath the wave, come up behind it, then swim to shore between wave sets.

 If you are under the influence of drugs and/or alcohol, you increase your risk of drowning while in the ocean.

 If you are caught in a rip current, remain calm, go with the flow (don't fight the current), once the rip current releases you (offshore), swim at an angle away from the current, towards the shore, call or signal for help.

 Hazards exist in all coastal areas – when in doubt, don't go out!

 Coral reefs face many threats. Chemicals found in many sunscreens - oxybenzone, avobenzone, homosalate, octinoxate, octisalate, octocrylene, or nanoparticles are contributing to coral decline. By wearing protective clothing and choosing reef-friendly, mineral-based sunscreens, we can all help keep Hawai'i's beautiful coral and wildlife healthy. Hawai'i is the first state to ban the sale, offer of sale, or distribution of any SPF sunscreen protection personal care product that contains oxybenzone and/or octinoxate, without a licensed prescription (SB 2571). Do not step, stand, or touch coral - stay afloat while snorkeling.

 Give all marine life plenty of space - monk seals (minimum 50 yards, turtles (minimum 10 feet), dolphins (minimum 50 yards ... and don't pursue), whales (minimum 100 yards). For more information, [visit www.ponopledge.com/protected-species/](http://www.ponopledge.com/protected-species/).

For more safety tips visit: ponopledge.com/safety

WARNING SIGNS

Avoid areas where these warning signs are posted:



Waves Breaking on Sandbar

Waves breaking on shallow bottom created by sandbar; even small waves can cause serious neck and spinal injuries. No body surfing or body boarding.



High Surf

Large, powerful waves generated by storms at sea. This can cause serious neck and spinal injuries. No body surfing or body boarding.



Dangerous Shore-break

Waves are breaking directly on shore. Even small waves can cause serious neck and spinal injuries. No body surfing or body boarding.



Strong Current

Swift moving channels of water that are difficult to swim against, even for experienced swimmers. Can pull swimmer out to sea, with risk of drowning. No swimming.



Man o' War

Toxic marine organisms; can cause pain and allergic reactions. No swimming.

In an emergency, If there are no lifeguards on duty, please call 911



Beach Closed

Extremely dangerous surf conditions. High risk of neck and spinal injuries and of drowning. Absolutely no swimming.



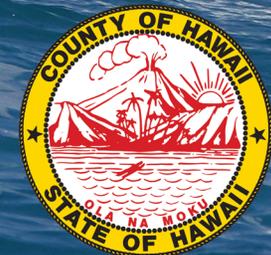
Red Flag

Indicates extremely dangerous conditions with high surf or high winds, no swimming.

For real time ocean conditions: www.hawaiibeachsafety.com

For more information, contact the Ocean Safety Division, County of Hawai'i - 808.327.3570

OCEAN SAFETY



LIFEGUARD PROTECTED BEACHES

In an emergency, if there are no lifeguards on duty, please call 911

KOHALA COAST



LIFEGUARD HOURS:
Weekends and Holidays
9:30a-4:45p



LIFEGUARD HOURS:
7 days a week
9:30a-4:45p

KONA



LIFEGUARD HOURS:
7 days a week
9:30a-4:45p



LIFEGUARD HOURS:
7 days a week
9:30a-4:45p



LIFEGUARD HOURS:
7 days a week
9:30a-4:45p

HILO



LIFEGUARD HOURS:
7 days a week
9:30a-4:45p
limited parking, stairs



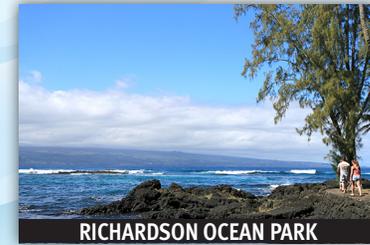
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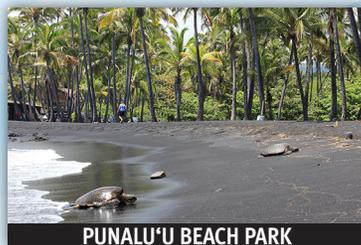


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Weekends and Holidays
9:30a-4:45p



LIFEGUARD HOURS:
7 days a week
9:30a-4:45p

PUNA



LIFEGUARD HOURS:
7 days a week
9:30a-4:45p



LIFEGUARD HOURS:
7 days a week
8:30a-6p



Watch a video at:
bit.ly/be-ocean-safe

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