



# SURFING SAFELY

SafeTips from the Naval Safety Command

**Surfing can be an exciting and challenging sport, but it's important to stay safe while enjoying the waves. By following a few simple safety guidelines, you can help ensure a fun and injury-free experience in the water.**

- Always surf with a buddy or let someone know your plans before heading out.
- Check the weather and surf conditions before entering the water.
- Wear a leash to prevent your surfboard from drifting away and causing hazards.
- Know your limits and don't attempt waves that are too advanced for your skill level.
- Stay aware of your surroundings and watch out for rocks, reefs, or other obstacles.
- Avoid surfing in strong currents or at unfamiliar locations.
- Always maintain control of your board to prevent injury to yourself and others.
- If you get caught in a rip current, don't panic. Swim parallel to the shore to escape.
- Stay hydrated and take breaks to avoid exhaustion, especially on hot days.
- Always respect other surfers and follow the rules of surf etiquette.



**Naval Safety Command**  
**[www.NavalSafetyCommand.Navy.mil](http://www.NavalSafetyCommand.Navy.mil)**