



BEACH SAFETY CHECK LIST

While our beaches do not have many of the dangers of the outer coast, we still have a few safety items to consider before we go out on our local beaches. The first and most important rule is if you feel unsafe then don't do it. Talk to your lead or coordinator for possible alternatives or solutions.

Pre beach safety check list

- **Tides:** Check the tide schedule before heading out to the beach to make sure that you don't get caught by a rising tide. https://tidesandcurrents.noaa.gov/tide_predictions.html?gid=1415
- **Weather:** Check the weather conditions before heading out. <https://www.noaa.gov/weather>
- **Clothing and gear:** Do you have weather appropriate clothing? Hat, gloves, knee pads, sturdy shoes or waterproof boots, walking stick, sunglasses, windbreaker, rain pants, sunscreen, first aid kit if you are the team lead?
- **Cellphone:** Charge your cell phone before heading out in the field.
- **Water:** Stay hydrated in the field by bringing plenty of water.

Beach safety check list

- **Beach hazards:** Most injuries that occurs on our beaches are due to the uneven and sometimes very slippery terrain. **Go slow, stay low, stay safe!** Remember that driftwood can shift when walked on, can harbor nails or creosote toxins. Please do not touch creosote!
- **Weather:** Plan to cancel if there is lightning, extreme winds, or dangerous storm surge conditions. Never turn your back on a Storm Surge event.
- **Natural Disasters:** In case of an earthquake. Evacuate immediately and get as high above sea-level as possible.

In case of injury check list

- **Assess the scene:** Make sure it is safe to go help the injured person without endangering yourself or other volunteers.
- **Check the injured person:** What level of care do they need?
 1. If basic first aid is required, the lead or trained volunteer may administer first aid with the volunteer's permission or give the volunteer the supplies to treat their own injury.
 2. If the volunteer requires more than basic first aid transport them to a medical facility if it is safe to do so or call 911 for assistance.
- **Notify your Island Coordinator and fill out an incident report form:**

Whidbey - Tabitha: Whidbey-coord@soundwaterstewards.org cell: 860-367-6286

Camano – Joan: Camano-coord@soundwaterstewards.org cell: 206-399-8401

Box Link for incident form: <https://app.box.com/file/300463796550>