

# MCB CAMP PENDLETON BEACH SAFETY GUIDE

## Rules of the Beach

- NO PETS
- NO GLASS
- NO PERSONAL VEHICLES
- NO OPEN CAMPFIRES
- DISPOSE OF BBQ COALS CORRECTLY EXTINGUISH FIRES IN FIRE RINGS
- STAY OUT OF POSTED ENVIRONMENTAL AREAS

## MCCS Services at Del Mar Beach Resort and San Onofre Recreational Beach

Cottages and campsite are available year round. Cabanas can be secured for unit parties & private functions. At Del Mar Beach Resort, there are boat launching facilities, a mini exchange, and a cantina.

For more information call the local beach offices:

**DEL MAR BEACH RESORT**  
**(760) 725-2313**

**SAN ONOFRE RECREATIONAL BEACH**  
**(760) 725-7935**

## Lifeguard Service Hours of Operation

### PEAK SUMMER SEASON

Lifeguards will be on duty from 8am-7pm at both Del Mar Beach Resort and San Onofre Recreational Beach mid June to Labor Day. Portable towers will be open and routine patrols will take place.

### FALL/SPRING

Lifeguards are on duty at Del Mar Beach Resort and San Onofre Recreational Beach 8am-6pm from the start of daylight savings time until mid June. Lifeguards resume this schedule after Labor Day to the end of daylight savings time.

### WINTER SEASON

Lifeguards are on duty at Del Mar Beach Resort and San Onofre Recreational Beach 8am-4pm early November to mid March (end of daylight savings to the start of daylight savings).

## BEACHES OPEN

Winter 6am - 10pm daily  
Summer 6am - 11pm daily

No water activity when lifeguards are off duty.

Del Mar Beach Resort &  
San Onofre Recreational Beach



## Contact Numbers

Del Mar Beach Resort Lifeguard Station  
(760) 725-2703

San Onofre Recreational Beach Lifeguard  
Station  
(760) 725-7979

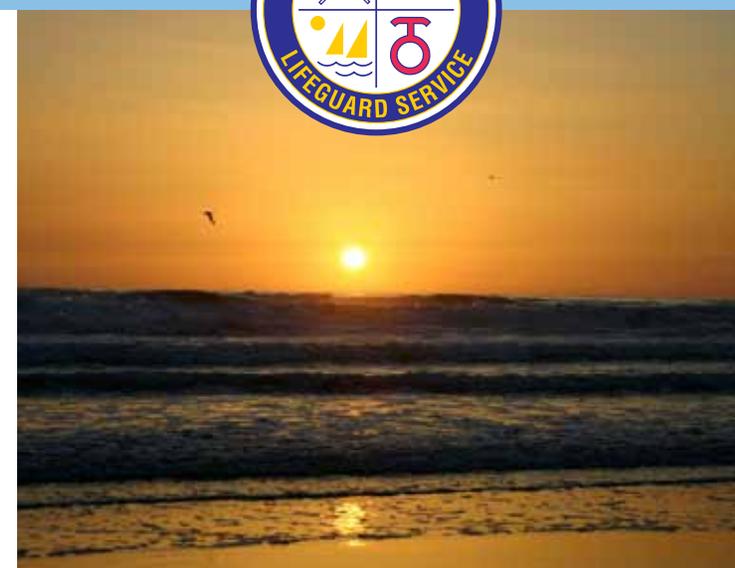
Lifeguard Chief  
(760) 725-0457

Call the Lifeguard Chief for scheduling safety  
briefs and/or safety stand-downs.

Remember "Swim Near a Lifeguard"



[mccsCP.com/aquatics](https://www.mccsCP.com/aquatics)





While at the **Beach**, we want you to have as much **FUN** as possible, but there are **hazards** that you need to be aware of!

### BURN INJURIES

Burns range from minor to severe, whether it's sunburn or stepping on hot coals. Putting on SPF 45 or higher sunscreen and wearing protective clothing, such as hats and long sleeve shirts, can prevent sunburns. To avoid other more severe burns, please properly dispose of hot coals and keep children 10 feet away from fire pits at all times. Open fires are prohibited on the beach; please have fires in designated areas only.

### HEAD & NECK INJURIES

These injuries can occur numerous ways and can cause temporary or permanent paralysis. Head and neck injuries can be prevented by not diving in shallow water. Know your limitations - "When in doubt, don't go out!"



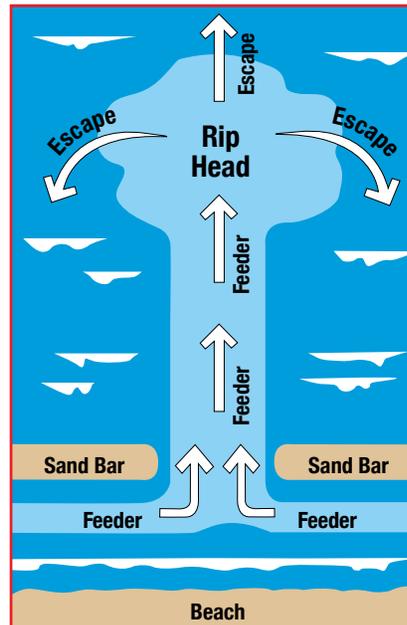
### OCEAN WATER CONTAMINATION

Can occur from many sources, including sewage spills or excess run off from streets during storms. After a significant rainfall, it is recommended that you do not enter the ocean for at least 72 hours. Contaminated areas are posted by lifeguards, but to ensure up to date information, check with the lifeguards for water conditions.

### RIP CURRENTS

Are narrow, river-like currents that have been fed by waves in succession. The water at the shoreline finds a low point in the ocean bottom and forms a rip current at that given point out past the surf line. Rip currents can also be formed at the base of a jetty like Del Mar, or the side of a reef like at "Churches" (San Onofre). If you're caught in a rip current, DON'T PANIC! Swim parallel to the shoreline until you feel you're out of the current, and then swim toward the beach. Rip currents occur at both Del Mar and San Onofre Beaches. Check with lifeguards to locate where recent rip currents have been forming.

Remember  
"Swim Near a Lifeguard"



### STING RAYS

Are found on both Del Mar and San Onofre Beaches. Generally it is a passive fish, but it's armed with a barb and venom-producing gland on the tail for defense. To avoid being stung, shuffle your feet along the bottom of the ocean while walking in the water. If stung, report to the nearest occupied lifeguard station for medical aid. If an allergic reaction occurs, dial 911 immediately.

### JELLYFISH

Swim free with the ocean's currents, are generally colorless, and range in size from a few inches to three feet in diameter. Common to both beaches in the summer, jellyfish have stinging cell (nematocysts) that can cause discomfort if stung. If you are stung, refrain from scratching and report to the nearest occupied lifeguard station for medical aid. If an allergic reaction occurs, dial 911 immediately.

### Swimming & Surfing Zones/Flags



Swimming/Body boarding zones are designated by black and white checkered flags. When these flags are posted, swimming, body boarding, and wading are allowed between the black and white checkered flags only.



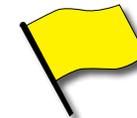
If the blackball flag is flying within the swimming/body boarding zone, no surfing or other hardboards are allowed. At these times, surfing and other hardboard sports are allowed outside the swimming body-boarding zone.

### Main Lifeguard Station Flags



#### RED

Indicates the beach is closed for swimming. This could be the result of contamination, heavy surf, or fog. Check with the lifeguards for updates.



#### YELLOW

Indicates exercise caution. Public announcements will be made advising beach users of conditions. Check with lifeguards for updates.