

## 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 & Marina and San Onofre Recreational Beach

Villas (Del Mar), Cottages (San Onofre) and Campsites are available year round. The Unit Party Area (Del Mar) and the Picnic Area (San Onofre) can be reserved for unit functions and private events. At Del Mar Beach & Marina, there are boat launching facilities, an indoor event facility, a mini exchange and a restaurant (Ramonés Mexican BBQ Cantina)

For more information, contact the  
beach Guest Services Departments

**DEL MAR BEACH & MARINA**  
(760) 725-2313

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

## Lifeguard Service Hours of Operation

### PEAK SUMMER SEASON

Lifeguards will be on duty from 9am-7pm at both Del Mar Beach 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 and San Onofre Recreational Beach 9am-5pm from the start of daylight savings time until mid May. Lifeguards resume this schedule after Labor Day to the end of daylight savings time.

### WINTER SEASON

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

## Beaches open year-round from 6am-10pm

No water activity when lifeguards are off duty.

# MCB CAMP PENDLETON BEACH SAFETY GUIDE

Del Mar Beach &  
San Onofre Recreational Beach



## Contact Numbers

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

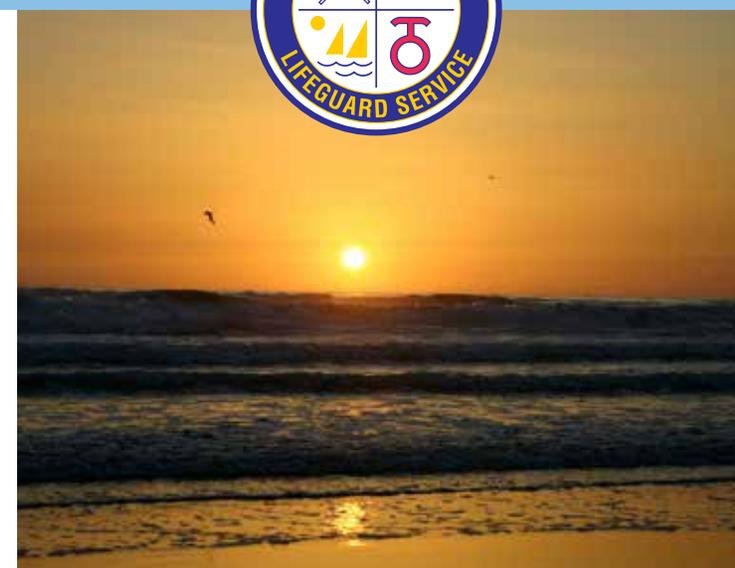
**San Onofre Recreational Beach  
Lifeguard Station**  
(760) 725-7979

**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](http://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

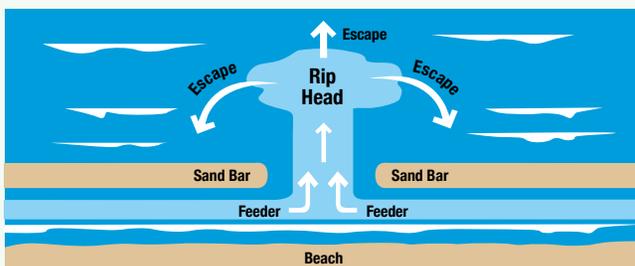
These injuries can occur numerous ways and can cause temporary or permanent paralysis. Head and neck injuries can be prevented by not diving in shallow water. Know your limitations - "When in doubt, don't go out!"

### 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.



### SWIMMING & SURFING ZONES/FLAGS



#### BLACK & WHITE CHECKERED FLAG

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



#### BLACKBALL FLAG

If this 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 FLAG

This flag 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 FLAG

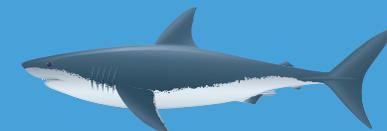
This flag indicates exercise caution. Public announcements will be made advising beach users of conditions. Check with lifeguards for updates

## WHAT TO KNOW ABOUT OCEAN LIFE



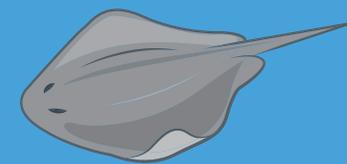
### JELLY FISH

When at the beach, watch for jellyfish both on the water and on the sand. Even a tentacle that has been separated from its jellyfish and washed ashore can sting. If you get stung, remove tentacles from skin. DO NOT wash with fresh water; instead, go straight to the nearest lifeguard where they will treat the sting with a saltwater solution to kill the nematocysts (stinging cells) and relieve the pain.



### SHARKS

If you see a shark that is acting aggressively such as: moving rapidly toward you and rapidly moving away, circling, opening and closing its mouth, or chasing prey, keep your eyes on the shark and make sure it knows you are watching it. Then swim slowly and calmly back to the beach while maintaining eye contact with the shark. If you encounter a shark that is approaching very close to you or bites you, hit the shark in the eye, in the nose, or stick your hands in its gills.



### STINGRAYS

If stung seek lifeguard assistance immediately. Treatment consists of hot water (heat decreases the pain drastically) and antiseptic wound cleaning. When the venom has been deactivated by the hot water, routine wound care is a priority. Stingrays can be avoided by shuffling one's feet along the sandy bottom, giving time for the stingray to move away.