



## Welcome to Croatan Beach

**For Your Safety, please heed the following guidelines:**

**Holes:** The recent death of a young girl in NC prompts me to remind all not to bury individuals in deep holes. The sides can fall in and suffocate a person, even if their head is above the level of the sand. If you (or your children, or your dog) dig a hole – **PLEASE fill it in!** Sprains and broken bones are no way to spend a vacation.

**Sunscreen:** Please wear it. It is cheaper and less “yucky” than cancer.

**No Diving:** Storms, tides, and winds shift the bottom sand off of Croatan Beach on a daily basis. Whether on a board or swimming, diving into the water can break your neck leading to paralysis or death. We average one permanent injury per year – don’t be that one!

**Dunes:** Please stay off the dunes. Not only does city ordinance forbid it, but the damaged dunes may reveal dangerous metal stakes only upon stepping, falling, or sliding onto one.

**Dogs:** Plastic bags for picking up after one’s pet are available at each beach entrance, as are trash barrels. No excuses. Dogs are allowed on beach during the season only during daylight hours between 6:00 PM and 10:00 AM.

**Rip Currents:** Usually announced by red flags flying at lifeguard stations. If pulled out to sea by a rip current, do not try to swim against the current. Rather, swim parallel to the shore until out of the current and then return to safety. Don’t swim alone and watch children closely.

**Thunder and Lightning:** If you hear it or see it, get off the beach. Mother nature can be pretty awesome, but she can also be deadly.

**Plastic Kills:** please police the beach, especially your area, when you leave. Plastic bottles, sales tags from chairs, umbrellas, etc., straws, zip ties, and the like can kill marine mammals, sea turtles, fish, and aquatic birds. Please pick it up and throw it away.

**Dangers in the Sand:** Broken glass, discarded fishing tackle, and rusted metal are perennial hazards. A new add to the list is High-Density Polyethylene (HDPE), a waste by-product of the off-shore wind-farm cabling installation. Its black shards are hard, sharp, and can easily cut feet and paws. Dominion Energy has promised to reduce its discharge and to comb the beach for debris twice daily, but I’d still watch my step. Please pick up any dangerous detritus you find and discard it properly in trash barrels available at every beach entrance.

**Unexploded Ordnance:** Military operations have been a daily occurrence in, off of, and above Virginia Beach for more than a century. Submarine and anti-submarine actions occurred within sight of our shores during both World Wars. The question is not “if,” so much as “when and where” unexploded ordnance (UXO) will wash up. Even expended flares can cause serious burns. If you see UXO, **do not touch it**. Keep others away and **call 9-1-1**.

**Mental Crisis/Suicide Prevention Hotline – 9-8-8**

## HEAT EXHAUSTION

OR

## HEAT STROKE

Faint or dizzy



Throbbing headache

Excessive sweating



No sweating



Cool, pale, clammy skin

Body temperature above 103°  
Red, hot, dry skin



Nausea or vomiting



Nausea or vomiting

Rapid, weak pulse



Rapid, strong pulse



Muscle cramps



May lose consciousness



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

# CALL 9-1-1

- Take immediate action to cool the person until help arrives