

OCEAN SAFETY TIPS

NOSARA OCÉANO SEGURO



NOSARA OCEAN SAFETY

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ESSENTIAL TIPS

- Playa Guiones and Playa Pelada are not swimming beaches. Always assume there are rip currents.
- Rip currents are most dangerous and strongest during high tide and when tide is going out to low tide. **STAY VIGILANT** always, as lower tide can also bring strong currents.
- Rip currents are typically stronger when waves are bigger. **STAY VIGILANT** always, smaller waves can also bring strong currents.
- If unsure about up to date ocean conditions, ask a lifeguard or locals. Otherwise, stay out of the water.

KNOW BEFORE YOU GO!

Check the surf report, wave heights, tides and winds before leaving home.

Search '**Playa Guiones**' on MagicSeaweed or Surfline.



HOW TO BE RESPONSIBLE AT THE BEACH

- Look for beach signs and beach flags to identify potential dangerous ocean conditions.
- Know how to swim and stay within your fitness and swimming capabilities.
- Locate where the lifeguards are.
- Do not swim alone.
- Do not go further into the water than waist deep.
- Do not swim during large surf.
- Only swim in areas marked as safe for swimming by lifeguards and if lifeguards are present.
- Children should always be supervised.
- Do not enter the water if you have been drinking or doing drugs.

RIP CURRENTS

What is a rip?

A rip current is a narrow body of water moving out to sea.

Rip currents account for more than 80 percent of rescues performed by surf beach lifeguards.

They are powerful, channeled currents of water flowing away from shore that quickly pull swimmers out to sea.

How to identify a rip current:

- A break in the incoming wave pattern: a small or bigger patch of calm water with waves breaking on each side.
- A channel of churning, choppy water.
- A line of foam or debris moving seaward.
- A difference in water color, both murkier or clearer is an indicator.

Looking out for others: If you see someone entering a potentially dangerous situation or area, you can let them know that the conditions are not safe to enter the water.

IN CASE OF AN EMERGENCY

Call 9-1-1

Call **+506 2682-4911** the Bomberos de Nosara (lifeguards, firefighters and first responder unit).

Signal for help by waving one or both arms over your head.

Notify a lifeguard on duty

If you see someone caught in a rip current, get help from a lifeguard. If a lifeguard is not available, call 911.

Throw the rip current victim something that floats and yell instructions on how to escape. Remember, many people drown while trying to save someone else from a rip current. **Do not become a victim yourself.**

For medical support call 9-1-1 or +506 2682-1212 Paradise Medical (travelers insurance may be needed to cover this).

ABOUT NOS

The connectivity we feel to the beaches of Nosara is what has drawn all of us here to this amazing town. The beauty and joy our beaches bring to all of us is clear; whereas the power and potential risks of the ocean are less obvious.

The town of Nosara was deeply moved by the drownings on our beaches in recent years. After witnessing tragedies that might have been prevented with the right measures in place, a determined group of community members came together to begin the journey of safer beaches for all.

Nosara Ocean Safety was born as a grassroots movement to establish and implement ocean safety and

prevention initiatives. Our mission is to support and empower every member of our beach town, locals, expats and tourists alike, through ocean safety education, awareness initiatives and prevention training programs to keep our shores safe.

We are committed to making sure that you and your loved ones can safely enjoy all the benefits of our beautiful coastline, and hopefully, come away with a greater appreciation for the powerful and diverse conditions of the ocean. 'NOS' in Spanish translates to 'us,' and only through the collective efforts of the community can we bring safety to our beaches.

GIVE TO NOS

Please support our mission to save lives together and donate today. We are Nosara Strong! We believe in a better, safer beach for everyone and we hope you will join us.

SCAN HERE TO CONTRIBUTE:



LIFEGUARDS OF THE BOMBEROS DE NOSARA

Asociacion Bomberos de Nosara is managing the Nosara lifeguards who oversee and patrol Playa Guiones and Playa Pelada most mornings and afternoons and to make them safer for beach goers and surfers. They are equipped to perform preventions and aquatic rescues and work alongside the SINAC who manages the Ostional Wildlife Refuge which the Nosara beaches are a part of.

THE OSTIONAL WILDLIFE REFUGE

Did you know that the beaches of Nosara are a part of the protected Ostional Wildlife Refuge? The Ostional Wildlife Refuge is home to thousands of female olive ridley turtles that come to lay eggs, and the refuge ranks second in the world with the highest mass nesting of turtles. For this reason, you are in a protected, ecologically sensitive area and it is extremely important you follow the regulations that exist in order to protect this environment and its wildlife.

