

# *LBI Cares*

*Safety Tips & Information*



*Safe swimming*

*Rip current awareness*

*Bicycle safety*

*Pedestrian safety*

*Driving*

*Dune regulations*

[www.lbihelp.com](http://www.lbihelp.com)

## BICYCLE SAFETY

- All riders under age 17 must wear a helmet (NJ State law)
  - Ride *with* the flow of traffic
  - Obey all traffic signals
  - Wear bright colors at night
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## PEDESTRIAN SAFETY

- Walk or jog *against* the flow of traffic
  - Cross with caution
  - Cross at controlled intersections
  - Use sidewalks when available
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## DUNE REGULATIONS

- Use designated paths to and from the beach
  - Stay off the grassy areas on the dunes; poison ivy is commonly found growing on the dunes
  - Dune grass is very vulnerable and is a natural protection against storms
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## POISON IVY

“Leaflets three let it be!”

- Leaves are always in threes, two leaflets split by a third, with a slightly longer stem
- If exposed, repeated washing with cold water and soap will remove the poisonous oil from skin and clothing

## SAFE SWIMMING PRACTICES

- Only swim on guarded beaches
  - Never swim alone
  - Always swim near a lifeguard
  - Do not go on the beach or in the water if you hear thunder or see lightning
  - Do not dig holes on the beach deeper than the user's knee
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## DRIVING

- Use center lane for left turns  
**ONLY**
- Obey all speed limits—watch for changes in speed limits
- Remain on Long Beach Blvd during times of heavy traffic
- Avoid causing gridlock at intersections
- Park with the flow of traffic—do not park in opposite direction
- No parking within **50 ft.** of a stop sign
- No parking within **25 ft.** of an intersection
- Pull as far to the right as possible and **STOP** for emergency vehicles
- **STOP** for school buses
- **STOP**, then proceed with caution for ice cream trucks

# RIP CURRENT AWARENESS

## WHAT ARE RIP CURRENTS?

Rip currents are ‘channeled’ currents of water flowing away from or parallel to the beach. They typically occur when a channel forms between the shore and sandbar also, near structures such jetties and piers.

## WHY ARE THEY SO DANGEROUS?

Rip currents pull people away from the beach. Their speeds can vary from moment to moment and can quickly increase to become dangerous to anyone entering the surf.

## WHAT IF I’M CAUGHT IN A RIP CURRENT?

*Stay calm.* Don’t fight the current. Swim in a direction following the shoreline—across the direction of the water flow. When free of current, swim at an angle—away from the current—toward the beach.

**DON’T BECOME A VICTIM  
WHILE TRYING TO HELP  
SOMEONE ELSE!**

For more information  
[www.ripcurrents.noaa.gov](http://www.ripcurrents.noaa.gov)

## **Check with municipality for local ordinances**

### **Barnegat Light**

Municipal office (609) 494-9196  
Police (609) 494-3322

### **Beach Haven**

Municipal Office (609) 492-0111  
Police (609) 492-0505

### **Harvey Cedars**

Municipal Office (609) 494-2843  
Police (609) 494-3036

### **Long Beach Township**

Municipal Office (609) 361-1000  
Police (609) 494-3322

### **Ship Bottom**

Municipal Office (609) 494-2171  
Police (609) 494-1518

### **Stafford Township**

Municipal Office (609) 597-1000  
Police (609) 597-8581

### **Surf City**

Municipal Office (609) 494-3064  
Police (609) 494-8121

### **So. Ocean County Hospital**

(609) 597-6011

### **SOCH*Connect***

(609) 978-3400

### **NOAA Weather Radio**

162.40 FM

162.55 FM

**IN ANY EMERGENCY  
DIAL 911**

**Sponsored in part by:**

*Borough of Ship Bottom*

*Borough of Harvey Cedars*

*Long Beach Township*

*Borough of Surf City*



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*Promoting the best of  
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