



# NAS Pensacola Recreation and Off-Duty Safety Awareness





# **Statistical Snapshot Naval Safety Center FY14 Annual Mishap Review**



***During FY14, 59 Sailors died in mishaps, primarily in Private Vehicle mishaps (61%) and in Off-Duty Shore / Recreational mishaps (19%). 53 Marines died in mishaps primarily in Private Vehicle mishaps (60%) and in Off-Duty Shore / Recreational mishaps (19%).***

***1 of 7 of the negative trends predominated for the Navy.***

***Off-duty Shore and Recreational Fatalities (11, worse than the previous five years.)***



# **OPNAVINST 5100.25C**

## **Navy Recreation and Off-Duty Safety Program**



- ***Applies to all Navy active duty and reserve personnel during recreational activities and off-duty***
- ***Identifies high-risk recreational activities***
- ***Identifies Individual's Responsibilities to:***
  - ***Inform their chain of command when planning to engage in high risk activities***
  - ***Perform an Operational Risk Management (ORM) assessment***
  - ***Report all recreational injuries***



# ***High Risk Recreational Activities***

***(Include, but not limited to)***

- ***Suba Diving***
- ***Hunting***
- ***Surfing***
- ***Kite Surfing***
- ***Motor Boating***
- ***Skateboarding***
- ***All Terrain Vehicles***
- ***Parasailing***
- ***Kayaking***
- ***Skydiving***
- ***Rock/Mountain Climbing***
- ***Cliff Diving***
- ***Boxing***
- ***Flying Civil Aircraft***
- ***Bungee Jumping***
- ***BMX Bicycle Riding***
- ***Bull Riding/Rodeo***
- ***Vehicle/Motorcycle Racing***
- ***Target/Skeet/Trap Shooting***



# Open Water Safety Tips



- **Swim in lifeguarded areas**
- **Ask a lifeguard about beach and surf conditions and safety before swimming**
- **Never swim alone**
- **Don't dive into unknown water or into shallow breaking water**
- **Don't attempt to dive over large waves**
- **If unable to swim out of a strong current, or you are having difficulty returning to the beach, signal for help**
- **Avoid swimming too close to or standing on reefs**
- **Avoid murky water**
- **Keep close watch on children**
- **Be conservative in estimating your swimming ability**



***When in doubt, don't go out!***



# ***NASP Swimming***

- ***17 miles of NASP shoreline***
- ***Swim in authorized beaches only***
  - ***Barrancas Beach***
  - ***Ski Beach***
  - ***Blue Angel Park***
- ***Pools at Mustin Beach and Corry behind Wellness Center***
- ***Swimming lessons for adults and children Mustin Beach Pool***
- ***Sea plane ramps and rocks are slippery, stay off.***





# Rip Currents

## How to recognize



- If the water is clear, the Rip Current may appear darker.
- Turbidity within the Rip Current may give it a dirty or muddy appearance.
- If the water is roughed up by surf, there may be foam along the neck and head.

Areas where waves do not break, and are flanked by breaking waves may be a clue.

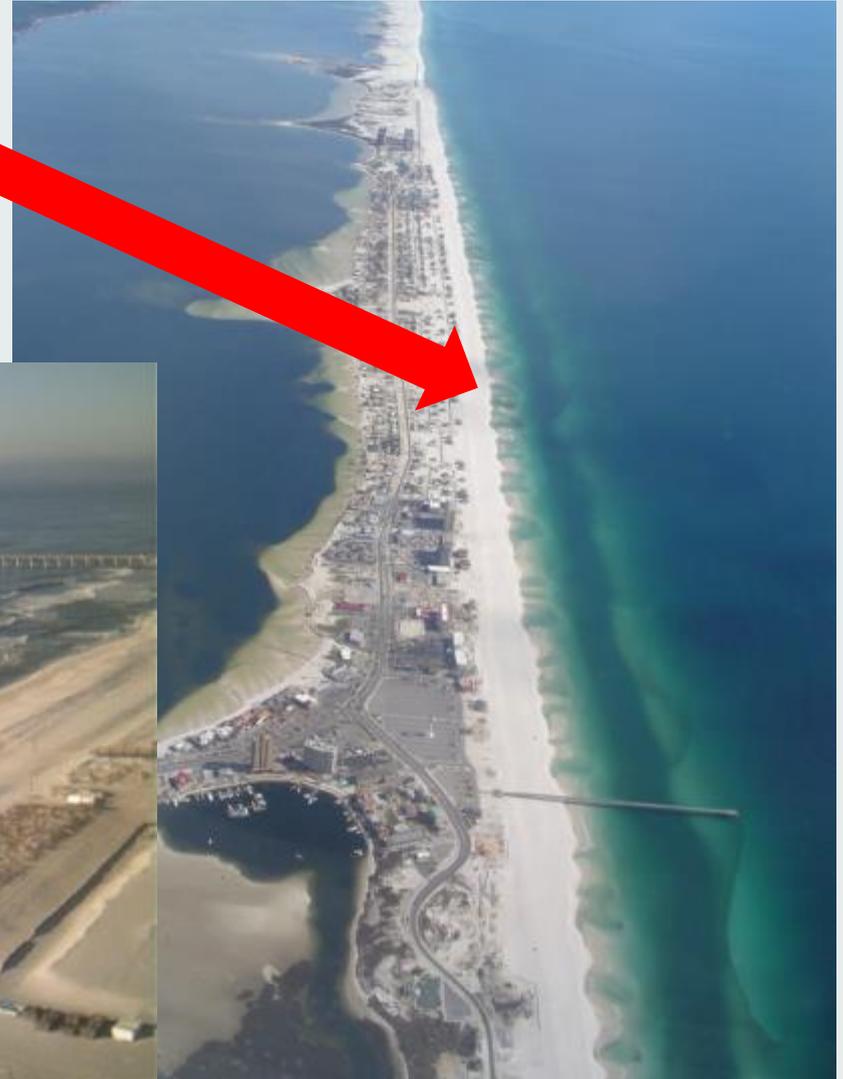


# Rip Currents Channels on Pensacola Beach



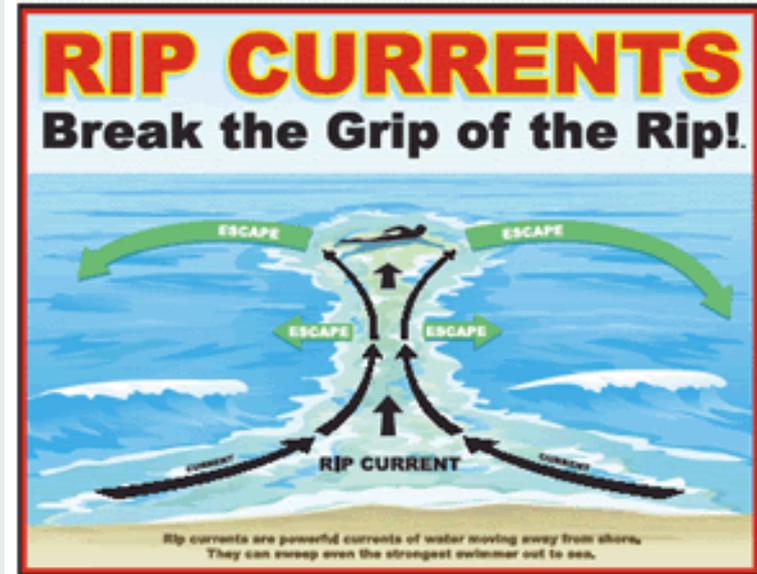
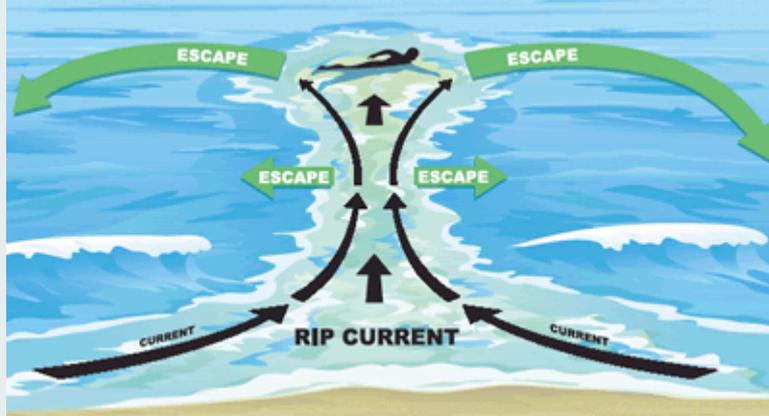
Distinct Scalloped Shoreline  
unique to local area beaches

Rip Current Channel with Surf





# How to escape from a Rip Current



- Relax – Don't panic!
- Don't fight the rip current
- Swim parallel to the shore
- When out of the rip current swim at a diagonal toward shore
- Don't be afraid to signal for help!

## IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

## SAFETY

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

[www.ripcurrents.noaa.gov](http://www.ripcurrents.noaa.gov)  
[www.usfa.org](http://www.usfa.org)





# Flag Conditions

- **Observe the beach warning flag system**
- **Know their meaning and take appropriate precautions**

## BEACH WARNING FLAGS

BANDERAS DE ADVERTENCIA EN LA PLAYA



**Water Closed to Public**

Agua Cerrada al Público



**High Hazard**

High Surf and/or Strong Currents

Peligro Alto, Resaca Alta y/o Corrientes Fuertes



**Medium Hazard**

Moderate Surf and/or Currents

Peligro Medio, Resaca Moderada y/o Corrientes Fuertes



**Low Hazard**

Calm Conditions, Exercise Caution

Peligro Bajo, Condiciones Calmas, Tenga Cuidado



**Dangerous Marine Life**

Vida Marina Peligrosa

Absence of Flags Does Not Assure Safe Waters

La Ausencia de Banderas No Asegura Aguas Seguras

***When in doubt, don't go out!***



# ***Pensacola Beach Ordinances***



- ***No Fires or Grills on the beach, except where designated***
- ***No Glass containers on beach***
- ***No open alcoholic containers in parking lots***
- ***No “pets” on beach***
- ***No curfew, no overnight camping (without prior approval).***
- ***Minimum age for alcohol consumption is 21.***
- ***“Zero tolerance” for fighting, disorderly conduct or providing false info.***

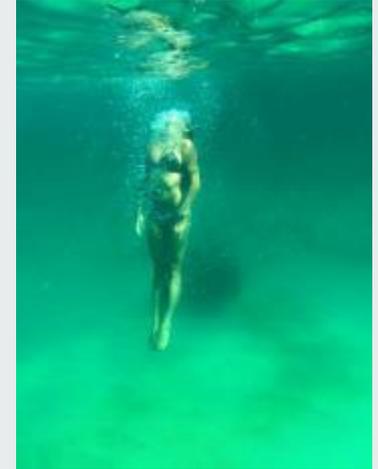
***When in doubt, don't go out!***



# Snorkeling



- ***Never snorkel alone***
- ***Know your skill level***
- ***Avoid shallow water blackout***
- ***Frequently check the shoreline, currents can quickly take you far out to sea***
- ***Wear sunscreen***
- ***Know when it is time to stop***



***Check out the MWR for more information on local water sports***





# Surfing



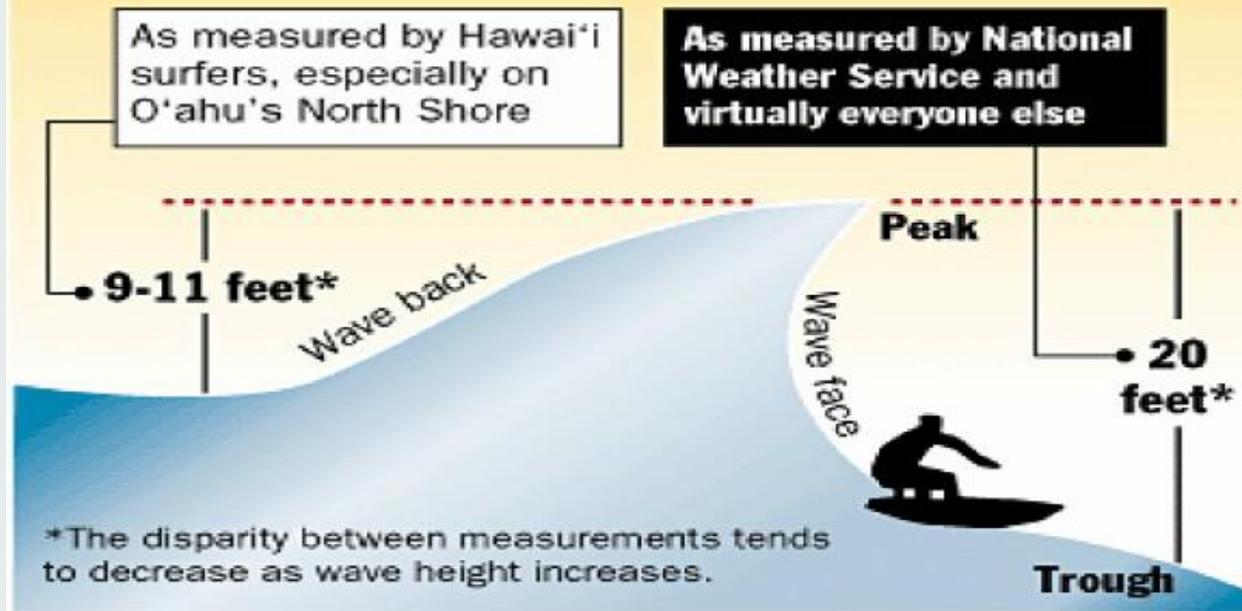
- **Check the surf forecast before you go**
- **Some waves may be more than twice as high as the forecast**
- **Expect rip currents in or near surf zones**
- **Know the rules**
- **Check local surf conditions at [www.surfline.com](http://www.surfline.com) or your local weather service**



# Wave Heights

## Measuring wave height

Wave heights are measured differently by surfers and other beachgoers in other parts of the world. The National Weather Service is trying to standardize wave-height reporting, measuring the wave face, from trough to peak.



Source: National Weather Service

The Honolulu Advertiser



# Other dangers in or around the beach



*Lion fish*



*Stingray*



*Sharks*



*Fishing hooks*



*Jellyfish sting on the beach or in the water*



*Portuguese Man-o-war sting*



# How to avoid a shark attack



- Don't swim with open wounds
- Don't swim at night, dawn or dusk
- Avoid inlets where "meals" may move with tidal flow.
- Avoid swimming near fishermen
- Don't swim alone
- Don't swim out too far or along the outer sandbar



# Boating

- **File a float plan**
- **Have aboard all required USCG safety equipment:**
  - **Personal Flotation Devices (PFD's)**  
– 1 per person
  - **Sound Producing Device (Bell/ horn/ whistle)**
  - **Visual Distress Signals (Flares)**
  - **Fire Extinguisher (type B-1)**
- **\*requirements very depending on size of vessel**
- **Check local weather forecast for small craft advisory**
- **Follow all State and Installation specific regulations**
- **Check local state laws age requirements governing children wearing life jackets while on boats/canoes**





# Skiing & Tubing

- ***Must have an observer***
- ***All riders must wear PFD***
- ***Stay away from high vessel traffic areas***
- ***Practice good ORM and use reasonable speed***
- ***No consumption of alcohol while operating vessel***





# Kayaking



RIGHT – Life Vest

- *File a float plan*
- *Wear a lifejacket*
- *Carry a cellphone in watertight container*
- *No craft within 100 yards of a Navy vessel*



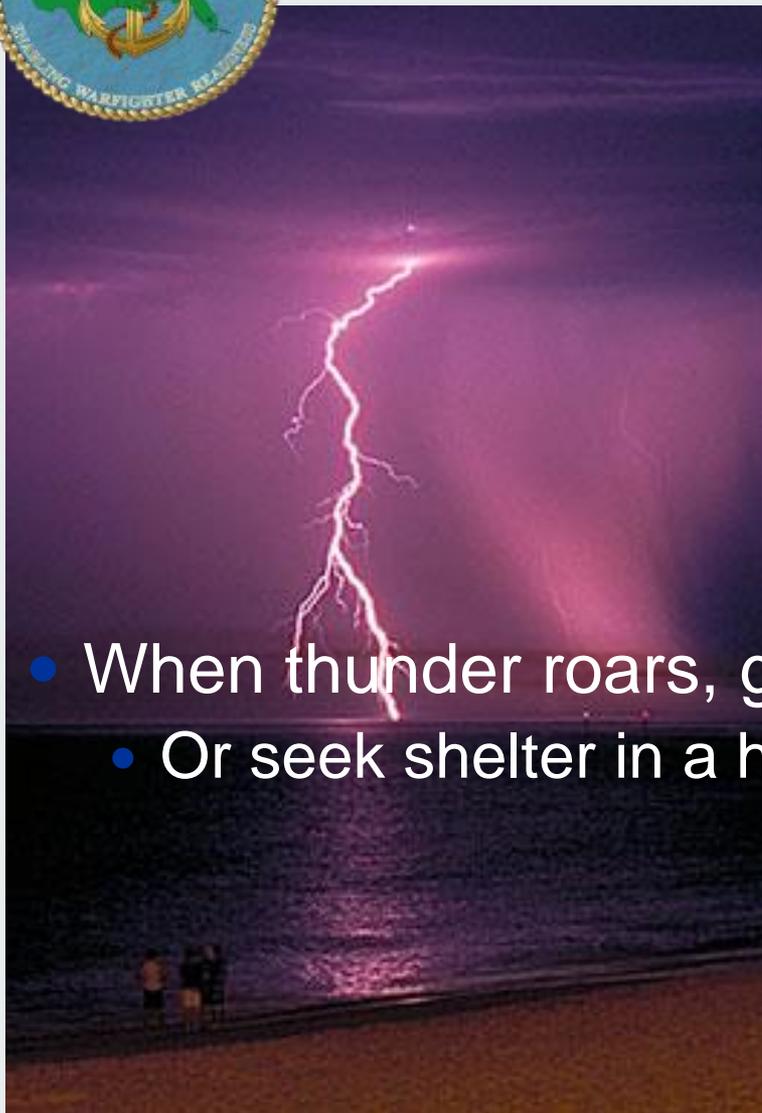
WRONG – NO Life Vests

*If your craft capsizes or you fall out - stay with it  
It will be easier to find you from the air*





# Lightning



- When thunder roars, get indoors!
  - Or seek shelter in a hard top vehicle



# Sunburn





# Sunburn Factors



- Depends on duration, intensity, skin type, previous skin condition
- Common when residents of northern latitudes vacation closer to the equator.
- Cloudy days/Umbrellas-block 20% of rays
- Reflective surfaces (sand) contribute to sunburns
- Some medications



# Sunburn Protection



- Avoid repetitive exposure from 1000 to 1400
- Use sunscreen/lip balm with an SPF of at least 15 (Higher is better)
- Apply sunscreen to dry skin at least 20 minutes before outdoor activity. Don't forget feet, ears, bald heads.
- One ounce (shot glass full) is usually enough to cover exposed areas.
- Reapply frequently, every 2 hours or after swimming
- Wear wide-brimmed hats to protect the face, ears and neck
- Wear light colored, tightly woven, loose fitting clothing
- Wear sunglasses with UVB and UVA protection
- Keep children under 1, out of direct sunlight on the beach.



# Dehydration



## ***Don't***

- ***Overdo ice-creams, soft drinks, snacks and fried food.***
- ***Overdo alcoholic beverages***

## ***Do***

- ***Drink lots of water in order to avoid dehydration.***
- ***Eat light food, rich in water and vitamins, such as fruit and vegetables.***



# Hiking



## ***Things to consider before heading out:***

- ***The specific challenges of the trail and skills required***
- ***Forecasted weather conditions***
- ***Your conditioning level, hiking ability and equipment***
- ***Time of sunset***
- ***Availability of water, shelter and assistance if required***
- ***Consult [www.trails.com](http://www.trails.com) for trail information, maps and more***

## ***Hiking may present some unique hazards and challenges:***

- ***Unstable ground***
- ***Trails that are extremely slippery when wet***
- ***Changing weather conditions, particularly on windward mountain peaks and trails***
- ***Possibility of rapid flash flooding***
- ***Wildlife***



# Trail Biking



## Hazards:

- *Unstable ground*
- *Trails that are extremely slippery when wet*
- *Changing weather conditions, particularly on windward mountain peaks and trails*
- *Possibility of rapid flash flooding*
- *Wildlife*

## Before you go:

- *Find a partner – don't go alone*
- *Ensure bike and equipment are suitable and in good condition*
- *Check weather and sunset time*
- *Know the planned trail and skill level required*
- *Be prepared for emergencies including items for spending the night if necessary*



# Black Widow Spider



# Paper Wasp



# Florida Scorpion



# Brown Recluse Spider



# Wildlife

*The alligator is still listed on the Federal List of Endangered Species.*

*Alligators are predators capable of taking large prey but often feed on small mammals, fish, snakes, birds, and other animals opportunistically.*

*It is illegal to feed alligators because they will lose their intrinsic fear of humans, associate people with food, and become dangerous.*

*Females protect their nests, eggs and young.*

*Males get aggressive during mating season (April to July).*

*The largest alligator on record is 19 feet long.*





# Wildlife



*Water moccasins are large heavy bodied pit vipers and like rattlesnakes. These snakes are normally 3 to 4 feet long with a record length of 6 feet 2 inches.*

*They are also called Cottonmouths due to the white lining in their mouth.*

*Their venom is a hemotoxin affecting the circulatory system.*

*Moccasins are opportunistic predators feeding mainly on fish, they are also known to eat frogs, small mammals, baby turtles and alligators, other snakes, and even road killed animals.*

*Water moccasin venom is considered very toxic and their bite is considered dangerous but rarely fatal.*

*Contrary to popular belief, moccasins will not attack people but they will “stand their ground” in the absence of a reasonable escape route to avoid human confrontations.*



# Wildlife

Pygmy Rattlesnakes are the smallest rattlesnakes and are considered large if they reach 22 inches long.



Two subspecies are found in Georgia, the Carolina Pigmy in the north and central state and the Dusky the southern coastal plain.

They prey upon small animals such as lizards, frogs, small mammals, and insects.

They have a hemotoxin venom. Their venom is considered very toxic, even more so than the Diamondback or Canebrake however, the amount of venom injected in their bite is small compared to the larger rattlesnakes.

Regardless, their bite is painful and potentially dangerous to some people. Although most bites occur when people are trying to harass, catch, or kill snakes, there are cases of people being bitten by Pygmys in commercial garden centers while handling potted plants.



# Wildlife

***The Canebrake Rattlesnake is widely distributed across the eastern US and is referred to as the Timber Rattlesnake in the piedmont and mountains.***

***The two vary in color with the coastal plain Canebrake being typically gray and the upland Timber being typically brown.***

***Like the Diamondback, these are large heavy bodied pit vipers normally reaching 2 to 5 feet long with a record of over 6 feet long.***

***These snakes are active both day and night. They prey upon small rodents, rabbits, and occasionally birds.***

***They have a hemotoxin venom. Canebrakes will not attack humans and bites occur when people are trying to harass, capture, or kill the snake. The venom is considered quite toxic.***





# Wildlife

***Eastern Coral snakes are slender medium sized snakes averaging 18 to 30 inches long.***

***This is the only eastern species of snake with a pair of fixed fangs in the front of the mouth which are used to deliver their venom. They prey upon other snakes, lizards, frogs, small rodents, and occasionally birds.***

***Coral snake venom is considered the second most toxic of all North American snakes. It is a strong neurotoxin that attacks the victim's nervous system and can paralyze the breathing muscles or cause cardiac arrest.***

***Coral snakes are reclusive and generally bite humans only when handled or stepped on.***

***If bitten, consider it an emergency and get medical attention.***





# Wildlife

*They are often confused with the harmless Scarlet King and Scarlet snakes that appear similar except the red and black rings are adjacent - “red touches yellow, beware the fellow”.*





# Wildlife



*Coyotes resemble a small dog in appearance, distinguishing characteristics of a coyote include pointy ears and snout, mottled color fur pattern ranging from black to reddish-blond and a bushy tail.*

*Coyotes have even been found frequenting urban areas in search of garbage, rodents and other easily found meals.*

*By nature, coyotes are timid and shy animals that tend to steer clear of any potential danger and thus pose little threat to humans.*



## *Wildlife*



- The Florida black bear is the largest native land mammal in Florida. It is shy and secretive, hiding in dense vegetation and rarely seen in the wild. Bears are omnivores, meaning they eat both vegetable and animal matter.



# Wildlife

*Feral hogs may appear basically the same as domestic hogs and will vary in color and coat pattern. A mature feral hog may reach a shoulder height of 36 inches and weigh from 100 to over 400 pounds.*



*Feral hogs are omnivorous, meaning they eat both plant and animal matter. They are very opportunistic feeders and much of their diet is based on seasonal availability.*

*Wild hogs do not pose a significant threat to humans. Although they prefer to run and escape danger, they can be aggressive when they're injured or cornered. They can move with great speed and can cause serious injury with their tusks."*



# Skateboarding



*At least he is at a skateboard park*



*Better with a helmet on*



*Best! All the proper PPE and at a skateboard park*



**You wear PPE for work, why not wear it for play?**



# Team Sports & PT



- ***Most NASP injuries during physical training and sports.***
- ***Basketball, Soccer, Football, baseball, running, weight lifting.***
- ***Muscle strains and sprains, ankle sprains, finger and wrist fractures, joint over extensions, head contusions.***
- ***Heat Stress – prevent with hydration and acclimation***



***If you have questions  
contact your local Safety  
Office***

