

# Sharing the Beach

## The California Least Tern and the Western Snowy Plover

**The California Least Tern** (*Sternula antillarum browni*) is a small seabird with a black-capped head, black-tipped, pale grey wings and a white body, and is the only sub-species of Least Tern found in California.



California Least Tern adult and chicks

The California Least Tern and the Western Snowy Plover are the most endangered and threatened birds remaining on the West Coast. Respect all areas posted for wildlife protection. Terns and Plovers nest on our beaches from March to August. If you are near a nesting site, walk *only* on the hard-packed sand, away from the site, **DO NOT** throw frisbees or balls, and keep your dog on a leash – Birds will abandon nests when disturbed by animals or people. These birds have a limited amount of space available to them because people on and near the beaches have crowded out endangered and threatened birds. It is critical for us all to save beach/dune habitats - please walk and play with care.

For more information, visit [www.ca.gov](http://www.ca.gov) or [www.tijuanaestuary.org](http://www.tijuanaestuary.org) or call the Tijuana Estuary at (619) 575-3613.

Western Snowy Plover adult with eggs



**The Western Snowy Plover** (*Charadrius alexandrinus nivosus*) is a sparrow-sized, light-colored shore bird with dark patches on either side of the neck, behind the eye, and on the forehead. Snowy Plovers forage and nest on beaches, tide flats, salt flats, and salt ponds.



# Imperial Beach

California

## Ocean & Beach Safety Guide

### Lifeguard Hours and Contacts

#### Important Telephone Numbers

(During normal business hours 7 a.m. to dusk)

- Lifeguard Emergency (619) 423-8322
- Lifeguard Administration (619) 628-1425
- Lifeguard Business (619) 423-8328
- Lifeguard Fax (619) 628-1421
- Junior Lifeguards (619) 628-1419
- Beach Weather & Surf Report (619) 595-3954
- Water Quality Hotline (619) 338-2073
- Power Beach Chair Reservations (619) 685-7972
- Public Safety Department (619) 423-8223
- City Hall (619) 423-8300

Imperial Beach Lifeguards are responsible for providing beach and aquatic safety services 24 hours a day along nearly 2 miles of coastline.



Portable beach lifeguard towers are staffed during the late spring, summer and early fall seasons when conditions warrant. In addition, lifeguards routinely patrol the Imperial Beach coastline year-round.

To arrange for a public education visit to your school or group, please contact the Lifeguard Administration at (619) 628-1425.

Imperial Beach Lifeguard Service  
950 Ocean Lane, Imperial Beach, CA 91932



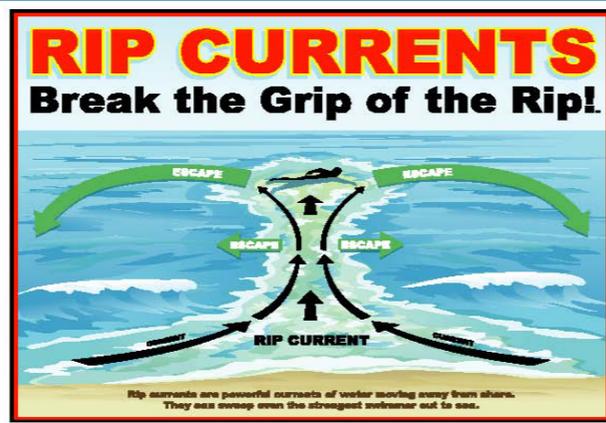
## Imperial Beach

Welcome to the City of Imperial Beach, the most southwesterly city in the continental United States with a population of 28,200 in an area of 4.4 square miles. Flanked by the Pacific Ocean and South San Diego Bay, our town is nestled between miles of sand beaches, renowned surf and unparalleled wetlands teeming with wildlife. Heal the Bay's 2009 Annual Beach Report Card for ocean water quality has given Imperial Beach excellent grades of A+ and A. There is much to see and do in Imperial Beach including swimming, surfing, and walking tours of the public art. Also you can take a nature walk and bird watching experience at the world-renowned Tijuana Estuary, or simply relax and enjoy our beautiful sunsets.

## Beach & Water Safety

Imperial Beach Lifeguards recommend the following top 10 safety tips:

1. Learn to swim.
2. Always swim near a Lifeguard.
3. Never swim alone.
4. Swim sober - Alcohol and swimming don't mix.
5. Protect your head, neck, and spine. Don't dive into unfamiliar waters - feet first, first time.
6. Don't fight the current. If caught in a rip current, swim parallel to the shore until free.
7. If you are in trouble, call or wave for help.
8. Always make sure you have a leash while surfing or body boarding.
9. Don't rely on flotation devices, such as a body board. You may lose them in the water.
10. Bodysurfers and body boarders should always wear swim fins.



Rip Currents can occur anywhere along the Imperial Beach coastline. Always look for signs posted warning of rip currents and check with a Lifeguard for conditions before entering the water.

## Ocean Water Quality

During the summer and fall seasons, water quality at beaches from Imperial Beach north to Coronado is very good as indicated by water quality monitoring. 72 hours after a rainstorm, runoff can make the water at San Diego County Beaches contaminated from untreated water from the Tijuana River flowing into U.S. and Tijuana Estuary. San Diego County Department of Environmental Health (DEH) uses ocean water testing and real time ocean current data from the Scripps Institution of Oceanography to determine closures for these beaches. Signs are posted warning not to swim at locations where water does not meet standards.



For more information visit:  
<http://sdcoos.ucsd.edu/data/CurrentRiver.cfm>

## Beach, Ocean, and Pier Regulations

Regulations in Imperial Beach are designed to ensure a safe and enjoyable time for all visitors.

- **Dogs** - Dogs are NOT permitted on the beach between Palm Avenue and Imperial Beach Blvd. Dogs are permitted on beaches north of Palm Avenue (but prohibited on Navy property) and south of Imperial Beach Blvd., and must be leashed at all times.
- **Glass Containers** - Glass drinking containers are prohibited on city beaches and municipal pier.
- **Alcohol** - Consumption of alcoholic beverages is prohibited at city beaches, parks, and the municipal pier.
- **Smoking** - Smoking is prohibited at city beaches and parks.
- **Barbeques** - Must be elevated off the ground by at least 18 inches. Coals must be removed or deposited in hot coal containers located at Pier Plaza and Dunes Park.
- **Municipal Pier - Prohibited Acts**
  - NEVER cast a fishing line using overhead or above-rail casting.
  - NEVER cast a fishing line or tackle creating a hazard to anyone in the water.
  - NEVER wade, swim or surf within 20 feet of the pier.
  - NEVER ride a bike or skateboard on the pier.
  - NEVER jump or dive from the pier.
- A California Fishing License is required when fishing from the shore or jetties. A license is NOT required to fish from the pier.
- The Navy PROHIBITS recreational beach use on Navy property.



## Junior Lifeguard Program

The Imperial Beach Junior Lifeguard Program started in 1995, and offers youth from 9 to 16 years of age an opportunity to learn from professional ocean lifeguards. Students gain a wide variety of skills and knowledge including how to enjoy the beach safely, ocean and wave education, area familiarity, first aid and CPR, water rescue techniques, the importance of keeping physically fit, and other topics related to lifeguarding. This valuable experience builds self-confidence and skills for life.



For more information, please visit our website [www.ibjuniorguards.com](http://www.ibjuniorguards.com)

Write to: Junior Lifeguard Program, 950 Ocean Lane, Imperial Beach, CA 91932

Phone: (619) 628-1419 / Fax: (619) 628-1421

Email: [jrlifeguards@cityofib.org](mailto:jrlifeguards@cityofib.org)



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