



**MC CS**  
  
**SEMPER FIT**







# AQUATICS

## WATER SAFETY

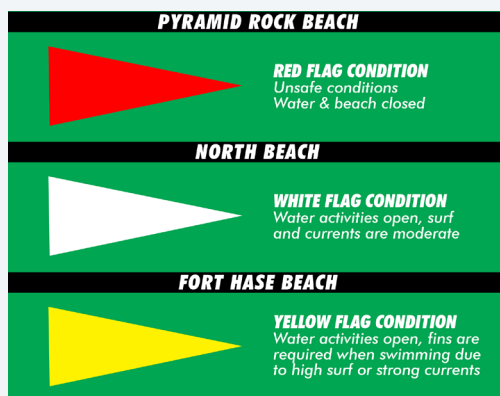
@mccshawaiwatersafety

It's important to know the location of the lifeguard stations (Pyramid Rock and North Beach) and stay close to them for safety (200 yards). Stay within the designated swim area, so lifeguards can assist you in case of an emergency. Never swim alone. Always keep young children and persons with limited swimming ability within arm's reach, even in the shoreline. Drownings can happen in as little as 30 seconds or less. Lifeguards are on duty from 1100-1730, when staffing allows. Swim/surf at your own risk at other times and/or at unguarded coastal locations.

## KNOW YOUR FLAGS

Beach conditions are often communicated through a flag system using white, yellow, and red flags. It's important to pay attention to these flags for your safety while enjoying the beach.

- **White Flag** (rarely exist) — Calm Conditions – Water activities open, surf and currents are moderate.
- **Yellow Flag** — Caution is advised – Water activities open, fins are required when swimming due to strong currents.
- **Red Flag** — Dangerous and/or hazardous conditions exist – water is closed & beach may be closed if warranted.



## POOLS

(808) 254-7655

Swimming lessons, free active-duty aquatic training, lap and recreation swim available at various locations.

- **Main Base** (Building 274) — Training / Lap Swim / Recreational Swim / Swim Lessons / Sharks Club Team Practice
- **Hilltop** — Early morning Lap Swim
- **Manana Housing** — Lap Swim / Recreational Swim / Swim Lessons / Swim Team Practice
- **Camp Smith** — Training / Lap Swim



## BEACHES

(808) 254-7656

MCBH has several beaches for use by military personnel and their families. Beachgoers are required to follow all rules and regulations to ensure safety as well as preservation of the natural environment.

Swimmers are encouraged only to swim when lifeguards are on duty.

- **North Beach** — swimming, snorkeling, (Lifeguard station)
- **Pyramid Rock** — surfing, swimming & sunbathing. (Lifeguard station)
- **Hale Koa** — the outdoor recreation area has campsites with ocean views available.
- **Pali Kilo** — be careful not to step on or damage the living coral reefs by only stepping on sandy areas.
- **Fort Hase** — a part of the Mokapu Burial Area listed in the National Register of Historic Places. Do not move any stones or other items. Federal and State laws make it a crime to disturb native burials and sites.