



NEWS RELEASE

Contact: Amy Ruddy

Phone: 503.367.7596

Email: amy@wordsofpr.com

Summer Safety Tips from Oregon's Tillamook Coast

Have fun and be safe, "know before you go"

TILLAMOOK, ORE., June 23, 2015— With a bustling summer season ahead, the folks at [Visit Tillamook Coast](#) want visitors to enjoy their time on the beach and mountains, creating memorable experiences while staying safe. These safety tips will help you "know before you go."

Bike safety

Highway 101 and scenic roads are heavily traveled year-round, and many of the roads are narrow, without a designated bike lane. Riders share the road with cars, trucks, tractor-trailers, RVs, motorcycles, and hikers and backpackers. Both drivers and riders need to take extra caution. Be sure the bike has lights (front and back) and a rear-view mirror so you can see what's coming up from behind. Cars need to slow down, especially around coastal roads where corners are often blind ones.

Beach safety

1. Incoming tides: Tide pools are fascinating, but while you're looking in them, the tide could be coming in. When you turn around, your path is no longer there. Stay alert and pick up a free tide table at information centers on the Tillamook Coast.

2. Climbing on cliffs and rocks: Ocean spray and rain make rocks, jetties and trails slippery and unsafe. Don't tread past safety fences and stay away from cliff edges, as the ground could give way. And don't climb on rocks in the ocean, even near shore, when tides are coming in. This is true for your dogs, too. They are as vulnerable to slipping as you are.

3. Logs by the sea: Walking on a log may look like fun, but a wave can pick up and roll that log, suddenly trapping you underneath in the water. Avoid logs, particularly during incoming tides.

4. Rip tides: These are strong currents that rush out to sea, and can overwhelm even the most experienced swimmer. They form on any beach with breaking waves. It will contain dark, muddy water and be very choppy. If you get caught in a rip current, remember:

- a. Stay calm and don't fight the current.
- b. Swim parallel to the beach until you are out of the dangerous current.
- c. Once you are free, turn and swim toward shore.
- d. If you can't make it to the shore, tread water, wave and call for help.

5. Digging caves, holes into sand: Behind the beaches, you'll often find cliffs made of sand. Kids like to dig tunnels there, but the tunnels can collapse, possibly trapping your child. The same goes for digging holes in the sand on the beach. Stick to building sand castles.

6. Sneaker waves: These large waves appear suddenly and can knock you down, even drag you out to sea. They don't happen very often, but it's best to never turn your back on the ocean. Keep an eye toward the water.

Pedestrian safety

Our beaches and parking lots fill up fast in summer. Without walk/don't walk signals or painted crosswalks, people are crossing streets at all points, not just at corners. Pedestrians need to stop, look and listen for vehicles, bikes and motorcycles, and vehicles need to slow down in popular beach areas.

Campfires

Never leave a fire burning. Be sure it is completely put out before you leave it unattended. This is not only important for a beach fire, where sparks can cause a fire in dune grass, but also in forests, where a single hot cinder can create a destructive forest fire. Per Oregon Department of Forestry and the Tillamook County Fire Defense Board, effective July 1, 2015, cooking and warming fires will be allowed in fire pits and 50 feet from dune grass on the beaches.

For more information and videos on coast safety visit the [Oregon Parks and Recreation Department website](#). To plan your trip, go to www.tillamookcoast.com.

###

About Visit Tillamook Coast

Oregon's Tillamook Coast is one of the state's natural wonders. Picturesque bays, inland waterways, forests, farmlands, rivers and ocean beaches offer visitors a wide range of nature-based activities from surfing, kayaking, fishing and clamming to beachcombing and hiking. Fresh seafood from river, bay, ocean to table is Tillamook's forte, as is world-famous cheese to casual breweries and wine tasting. The Tillamook Coast includes several villages, each with their own unique heritage, personality and charm sprawling from northern Nehalem Bay and Manzanita to southern Pacific City and cozy Neskowin. For more information and to plan your natural choice getaway, visit www.tillamookcoast.com.