

Long time no Sea!

A Surfrider Pacific Rim Guide to Responsible Recreation



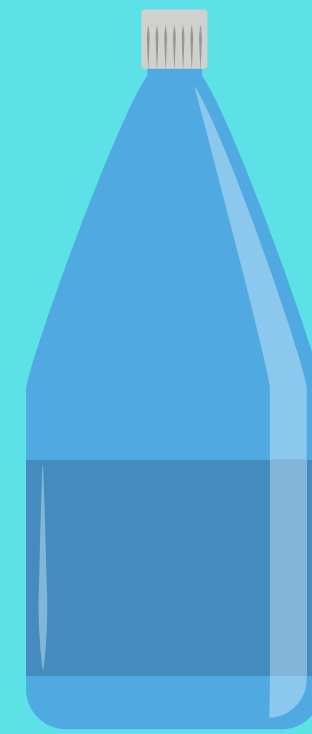
1. Know before you go:

Check latest updates on beach and park closures, as well as statements from municipal and First Nations governments.



2. BYO:

Reduce your impact on coastal community services by packing out what you pack in and opting for reusables where possible.



3. Keep it local:

Consider the distance you're travelling and the services / resources available in the communities you're visiting.

4. Keep your distance:

Both in and out of the water, keep 2m between yourself and others.

5. If in doubt,

DON'T paddle out:

Play within your limits to protect emergency services.

6. Do a #5minutebeachclean:

Record your data using the Marine Debris Tracker App. Scan the QR code below for more info!

7. Enjoy!

Social isolation has given many of us a renewed appreciation for the natural world that surrounds and sustains us; soak it up, and *protect what you love!*

