



NAVAL  
POSTGRADUATE  
SCHOOL

# Recreation and Off-Duty Safety / Local Hazards Awareness Training

Monterey, California

[WWW.NPS.EDU](http://WWW.NPS.EDU)





# Recreation and Off-Duty Safety / Local Hazards Awareness Training

## **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%).

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



# Recreation and Off-Duty Safety / Local Hazards Awareness Training

## High Risk Recreational Activities

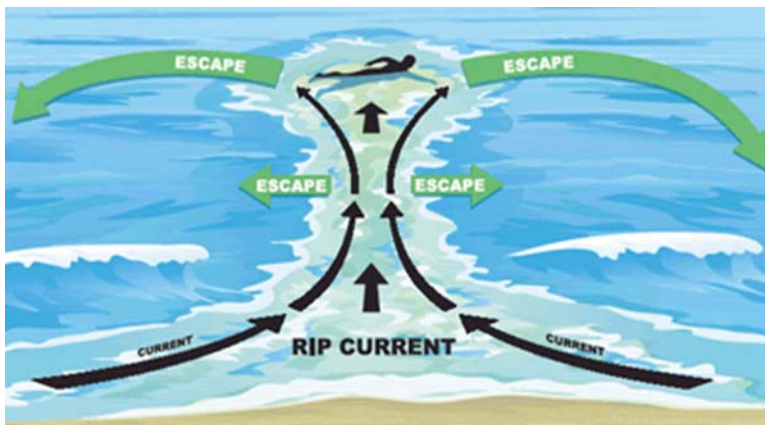
- Swimming
- Surfing
- Kayaking/Paddle Boarding
- Fishing/Sailing/Boating
- Hiking/Rock Climbing
- Cycling/Biking
- Hang Gliding/Sky Diving
- Scuba Diving

## Local Installation Hazards

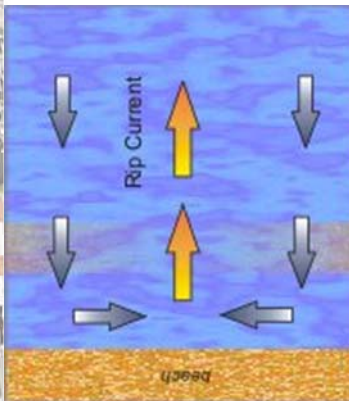
- Historical stairs & steps
- Uneven sidewalks
- Geese
- Parking lots & roads



## Pacific Ocean Safety Tips



- 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!







## Pacific Ocean 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

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



## Dangerous Beaches on the Peninsula

- Local beaches, particularly Carmel River Beach and Monastery Beach, are subject to strong waves that can sweep you off of your feet and carry you out to sea.
- It happens to several people every year, and nearly all of them are tourists from inland areas; they don't realize what the surf can do.
- Some beaches are reasonably safe for wading, but never be deceived.
- Its incoming force can knock you down and the outgoing pull will suck you away before you know what hit you. Entire families have been lost this way.
- When walking along the beach, it is easiest to walk on the firmer wet sand closest to the water, but keep your eye on the waves.
- If you see a big one coming, move inland quickly. If you're climbing on rocks and viewing tidepools, don't venture too far out, and always know your escape route.



## 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**



- **Despite its reputation as a man-eater, however, the great white shark doesn't deliberately target humans, and fatalities from shark attacks are thankfully rare.**
- **Attacks against people are thought to occur because the shark mistakes the person for prey, such as seals. So, try not to look like a seal.**





## Kayaking/Paddle Boarding/Boating

- Wear a lifejacket
- Carry a cellphone in watertight container
- If your craft capsizes or you fall out - stay with your craft; it will be easier for rescuers to find you from the air
- Practice good ORM and use reasonable speed
- No consumption of alcohol while operating vessel





## Boating (cont'd)

- 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 vary depending on size of vessel
- Check local weather forecast for small craft advisory
- Follow all State and Installation specific regulations





## Hiking/Running/Rock Climbing

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
- Take a trail map and information on the surrounding area

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
- Wildlife such as snakes, mountain lions and bears
- Poison Oak



## Cycling/Biking

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





## Hand Gliding/Paragliding/Skydiving

- Hang gliding and paragliding are governed by FAR part 103, Federal Aviation Regulation
- For hand gliding and paragliding contact USHPA for requirements, list of schools and local lessons
- Skydiving is based on the BSR requirements and FAA regulations
- For skydiving contact USPA to get more information on schools and training.





## Scuba Diving

- Scuba Diving in the Monterey area can be breathtaking as well as deadly.
- Contact PADI to find PADI Diver-Level Course, Certified Dive Instructor and Dive Master





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## Local Installation Hazards

- Historical stairs & steps can be slippery. Caution should be taken when using them and handrails should always be used. Extra precautions should be taken when wearing high heels.
- Uneven sidewalks and paths are located in some areas within the installation. Always pay close attention to your surroundings. Look for items that may cause a trip hazard.
- Parking lots & roads can cause frustration at certain times of the day. Parking stalls are narrow and limited in some areas and several roads can be confusing. Be watchful and alert when driving inside the installation and at the annexes. Do not text and drive and avoid all types of distractive driving.







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## Local Installation Hazards

- Geese roam, eat and fly within our beautiful grounds but they can be annoying at times and create a mess. Do not feed the geese. If you see an aggressive geese, stay away. It may be due to their nesting season and they are very protective of their young. State and federal agencies strictly regulate any activity that results in the death of geese. A Federal Permit is necessary from the state to destroy or remove eggs and nests.







## **RODS Contact:**

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- If you have a safety question and you do know who to contact, then please send an email to [safety@nps.edu](mailto:safety@nps.edu) and we will address your questions or comments.