

Going to the Beach



Tips for Parents

Sun Protection

- All skin tones benefit from sunscreen if you are spending all day or several hours in the sun. Check the container to see how often to reapply, especially if getting wet.
- T-shirts, large hats, and sunglasses protect us from the sun.
- Sandals and blankets or towels to sit on are also good ideas, as the sand gets hot in full sun.
- Be aware that some medications make us more sensitive to sunburn and/or heat exhaustion.



Weather

- Be sure to check the weather forecast, as it can change quickly and temperatures can be different along the lake.
- Never play in the water during a thunderstorm.

Water Safety

Be sure to check beach reports to see if the water is safe to play in. Sometimes warnings are posted or beaches are closed if algae or bacteria levels are too high. Checking before you leave the house can prevent disappointment. You can check the area beaches with these links:

- <https://www.clevelandmetroparks.com/parks/visit/activities/activity-types/swimming/cleveland-metroparks-swimming-status>
- <https://www.neorsd.org/beaches-and-water-quality/>
- <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/bathing-beach-monitoring/beachguard/beachguard>

Swimming Safety



- All children age 8 and younger must have an adult close by when they are in the water.
- Life jackets are allowed but other floatation devices are not.
- The lake has waves, rocks and currents that are not present in swimming pools. Snorkeling is not allowed.

Rules

It helps to explain the rules to children before you leave the house and again when you get there. You can ask “who remembers one of the rules?” to review them. Rules may include: do not throw sand, stay close by, listen to the lifeguard, no dunking others in the water, no diving or jumping. There may be posted rules at the beach when you get there.

Food and Drink

Bringing food and lots of water to stay hydrated will keep everyone in a more festive mood. Some of the beaches have concession stands with ice cream, popsicles and other snacks. The beaches prohibit glass containers and alcoholic beverages.

Creatures

- Children may need reassurance that there are no sharks or jellyfish in the lake.
- Seeing ducks, seagulls, and fish can be fun but remind them that people food is not healthy for wild animals.



Pets are often not allowed or have their own designated part of the beach.

Swim diapers are required for infants or young children who are not fully toilet trained.

Beaches in Cleveland Metroparks

- Huntington Beach
- Villa Angela in Euclid Creek
- Wallace Lake (not on Lake Erie) - Berea
- Edgewater Beach
- Hinckley Lake Spillway (not on Lake Erie) - Hinckley