

# Know Your Beach

## 6. WAVES

There are three different types of waves found that swimmers need to be aware of to ensure they enjoy the beach more safely.

Depending on tide conditions and sand movement, and due to the bars and rips structure of the beach, Jan Juc can often have long periods of dumping waves. However, Jan Juc gets a pretty healthy mix of all three types of waves.



### **SURGING WAVES**

Surging waves may never actually break as they approach the water's edge, as the water below them is very deep. These waves can be dangerous as they can knock swimmers over and drag them back into deep water.



SURGING WAVE

### **SPILLING WAVES**

Spilling waves usually have less force and are the safest for body surfing. They are usually found in sheltered bays where the sea floor slopes gradually and near sandbanks at high tide.



SPILLING WAVE

### **PLUNGING OR DUMPING WAVES**

These waves break suddenly and can throw you to the bottom with great force. Plunging or dumping waves also cause rip currents to form. These waves usually occur at low tide and where sandbanks are shallow and can cause injuries to swimmers, particularly spinal and head injuries. Never try to body surf on a dumping wave!



PLUNGING/DUMPING WAVE