

Town of Sanbornton

Beach Rules and Regulations

- Swim at own risk.
- No swimming after sunset, before sunrise or when lightning is present, including a 15-minute period after the last lightning is observed.
- Do not swim alone.
- Parents and guardians are responsible for the supervision of their children under the age of 16.
- Stay within the designated swimming area.
- Swimming permitted in rope area only.
- No diving in shallow water or from raft.
- When lifeguard(s) is on duty they shall be responsible for enforcing beach rules, and providing rescue and first aid services. Failure of any individual or group to follow instructions by lifeguard(s) shall be cause for immediate dismissal from beach.
- No alcohol permitted.
- No smoking allowed.
- No littering – area is a carry-in/carry-out facility.
- Do not drink the water.
- No glass allowed in beach areas.
- No food, drink, gum, or tobacco is allowed in the water.
- No throwing rocks or sand.
- No pets.
- No running or rough-housing.
- No fires or portable cookers.
- No fishing.
- No feeding of wildlife.
- Beach patrons are not allowed on lifeguard towers, chairs, buoys, etc.
- No flotation devices permitted.

- All children who are not toilet trained must wear tight fitting rubber or plastic pants.
- No launching of personal watercraft from Hermit Lake Beach. Winnisquam Beach permits the launching of personal-powered watercraft from the designated area at the left side of the beach: No motorized or wind-powered craft allowed.