



## Swampscott Recreation Commission

# Beach Rules and Regulations

- No drinking of alcoholic beverages allowed on the beach.
- No throwing or leaving behind trash or litter of any kind on the beach.
- No animals allowed on the beach at any time.
- No Frisbees or ball playing on the beach during high tide or crowded conditions.
- No boats, paddleboards or surfboards allowed in the swimming area. Please launch paddleboards to the left or right of swim area.
- No fires allowed on the beaches without a permit from the Fire Department (included are charcoal and gas type grills).
- No climbing on rocky areas on the beaches.