Tobay Beach (Bay Side) Open Water Swimming

>Tobay Beach is located 3+ miles east of Jones Beach and Wantagh Parkway on the north side of Ocean Parkway. If you are driving from the WEST, you will need to u-turn to access the bay parking lot.

>As of May 1st, Tobay is the ONLY protected swim venue (as opposed to the ocean) open to the public. All other local municipalities have closed beaches, parks, parking lot gates and/or boardwalks.

>After parking, walk in through the central entrance between the buildings/restaurants to rendezvous on the bay beach. Restrooms and showers are available.

>Bring your swim suit, swim cap(s), two pairs of goggles (clear for cloudy days; tinted for sunny days), a wetsuit (if you plan to wear one) and peripherals (detailed in separate document), towel, flip-flops, etc.

>If you are out of shape or a slower novice swimmer, bring fins along to keep up with the group.

>Swim will be held in light rain, but not in a downpour, dense fog, thunder or lightning.

>Any open water swim cancellation due to inclement weather will be issued no less than ONE HOUR in advance via email, on our website, on Facebook and through the Excel Swimming Google Groups discussion forum.

>All group swims will be supervised (coaches, lifeguards, stand-up paddle boarders and/or kayakers), and will follow social distancing guidelines. Your health and safety is our number one priority.

>Tobay Beach map/location: