

## Storm impact regime

Return period	Dune degraded reef conserved ( $D_{\text{high}} = 1.3$ )	Reef (1.1 m) and dune degraded ( $D_{\text{high}} = 1.3$ )
1	swash ( $R_{\text{high}} < D_{\text{low}}$ )	overwash ( $R_{\text{high}} > D_{\text{high}}$ )
3	overwash ( $R_{\text{high}} > D_{\text{high}}$ )	overwash ( $R_{\text{high}} > D_{\text{high}}$ )
5	overwash ( $R_{\text{high}} > D_{\text{high}}$ )	overwash ( $R_{\text{high}} > D_{\text{high}}$ )
7.5	overwash ( $R_{\text{high}} > D_{\text{high}}$ )	overwash ( $R_{\text{high}} > D_{\text{high}}$ )
10	overwash ( $R_{\text{high}} > D_{\text{high}}$ )	inundation ( $R_{\text{low}} > D_{\text{high}}$ )
15	inundation ( $R_{\text{low}} > D_{\text{high}}$ )	inundation ( $R_{\text{low}} > D_{\text{high}}$ )
30	inundation ( $R_{\text{low}} > D_{\text{high}}$ )	inundation ( $R_{\text{low}} > D_{\text{high}}$ )