

Rip Currents



What They Are • The Dangers • How to Escape

Staying Safe From Rip Currents



1. Know The Risk

- Check the beach flags and info signs.
- Ask a lifeguard about the risk from rip currents before entering the water.

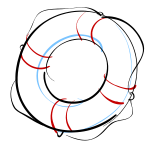


United States Lifesaving Association estimates the chance of drowning at a beach protected by lifeguards is just 1 in 18 million!



2. Swim Near Lifeguards

- If possible, swim on guarded beaches with lifeguards present.



3. Never Swim Alone

- When you are swimming, do so with someone who will know where you are and can spot if you are in trouble.



4. Learn How To Swim

- Know how to swim and be familiar with how to get out of a rip current.
- If you don't know how to swim, or are a weaker swimmer, consider wearing a life jacket when entering the water.

Facts

- Rip currents can be stronger or more frequent near structures like piers or jetties.
- Rips can sometimes be spotted as a break in incoming wave pattern, a channel of churning water, or a difference in water color.



More Information

- ripcurrents.noaa.gov
- www.usla.org/ripcurrents

IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

