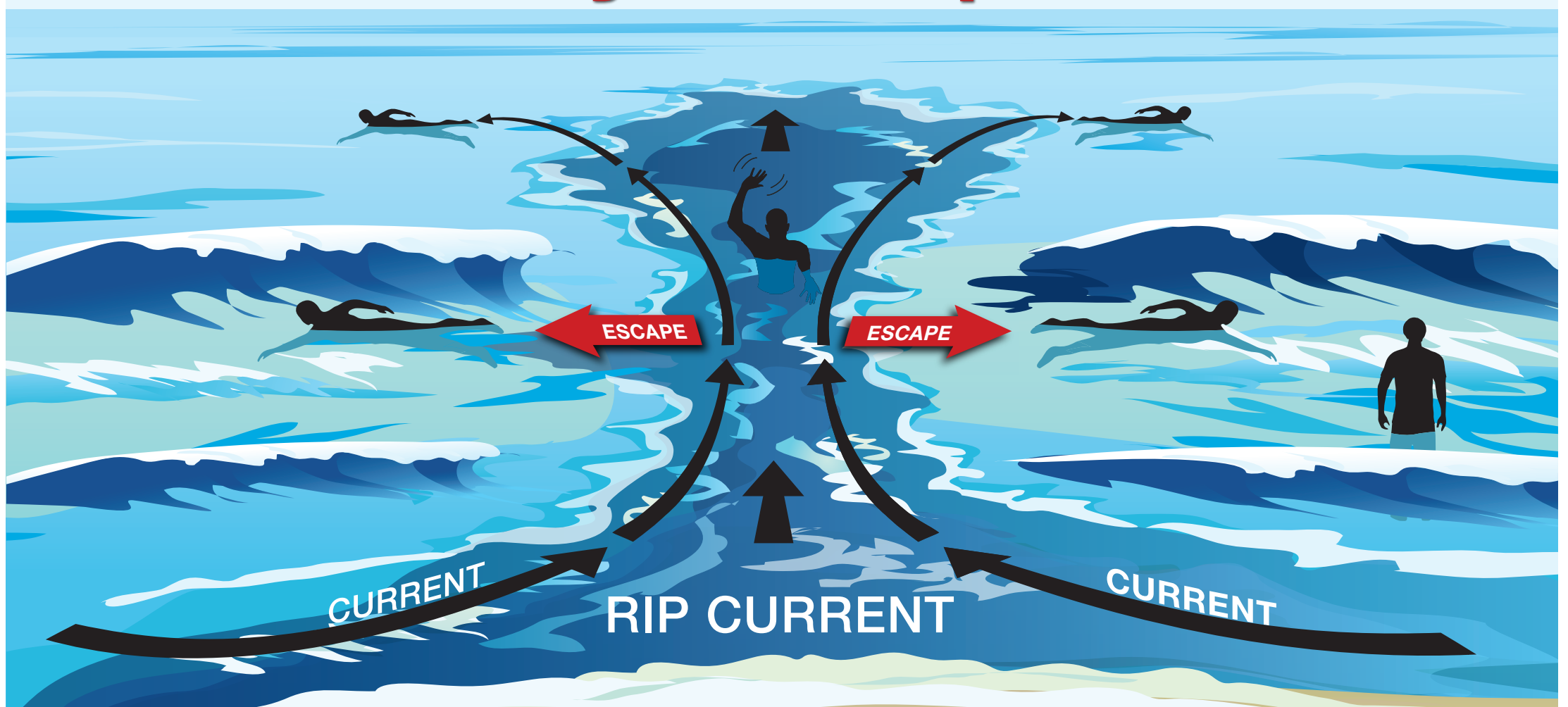


# RIP CURRENTS

## Know your options



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer away from shore. If at all possible, swim near a lifeguard.

## IF CAUGHT IN A RIP CURRENT

- ◆ Relax, rip currents don't pull you under.
- ◆ Don't swim against the current.
- ◆ Swim out of the current, then to shore.
- ◆ If you can't escape, float or tread water.
- ◆ If you need help, yell or wave for assistance.

## SAFETY

- ◆ Know how to swim.
- ◆ Never swim alone.
- ◆ If in doubt, don't go out.
- ◆ Swim near a lifeguard.

More information about rip currents can be found at the following websites:

[weather.gov/safety/ripcurrent/](http://weather.gov/safety/ripcurrent/)  
[usla.org](http://usla.org)

