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/
usla.org