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.

**KNOW YOUR OPTIONS**