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.

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

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