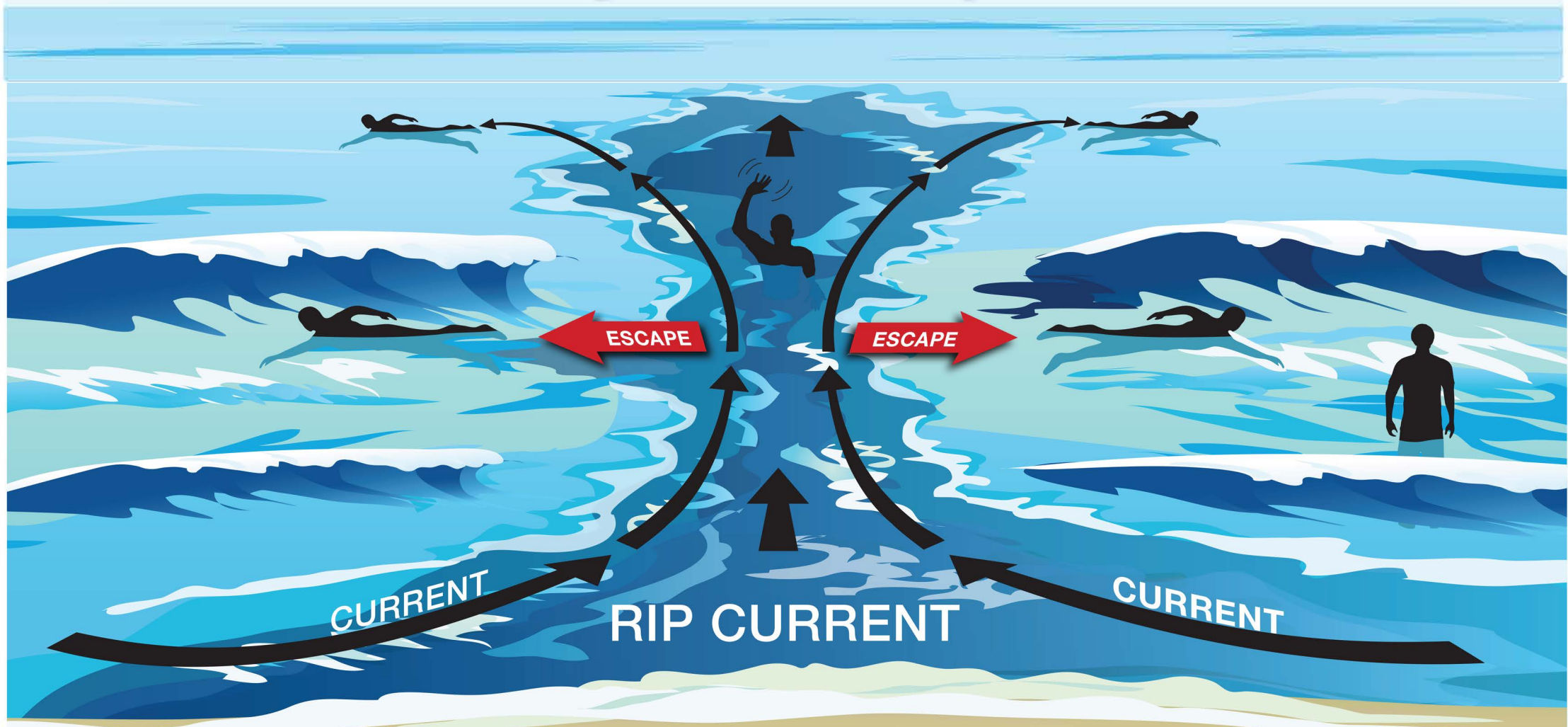


RIP CURRENTS

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 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

- ◆ Red **FLAG** on site is an alert of extremely dangerous current, swimming is not recommended
- ◆ Know how to swim.
- ◆ Never swim alone.
- ◆ If in doubt, don't go out.
- ◆ No lifeguard on duty.

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

weather.gov/safety/ripcurrent/
usla.org

