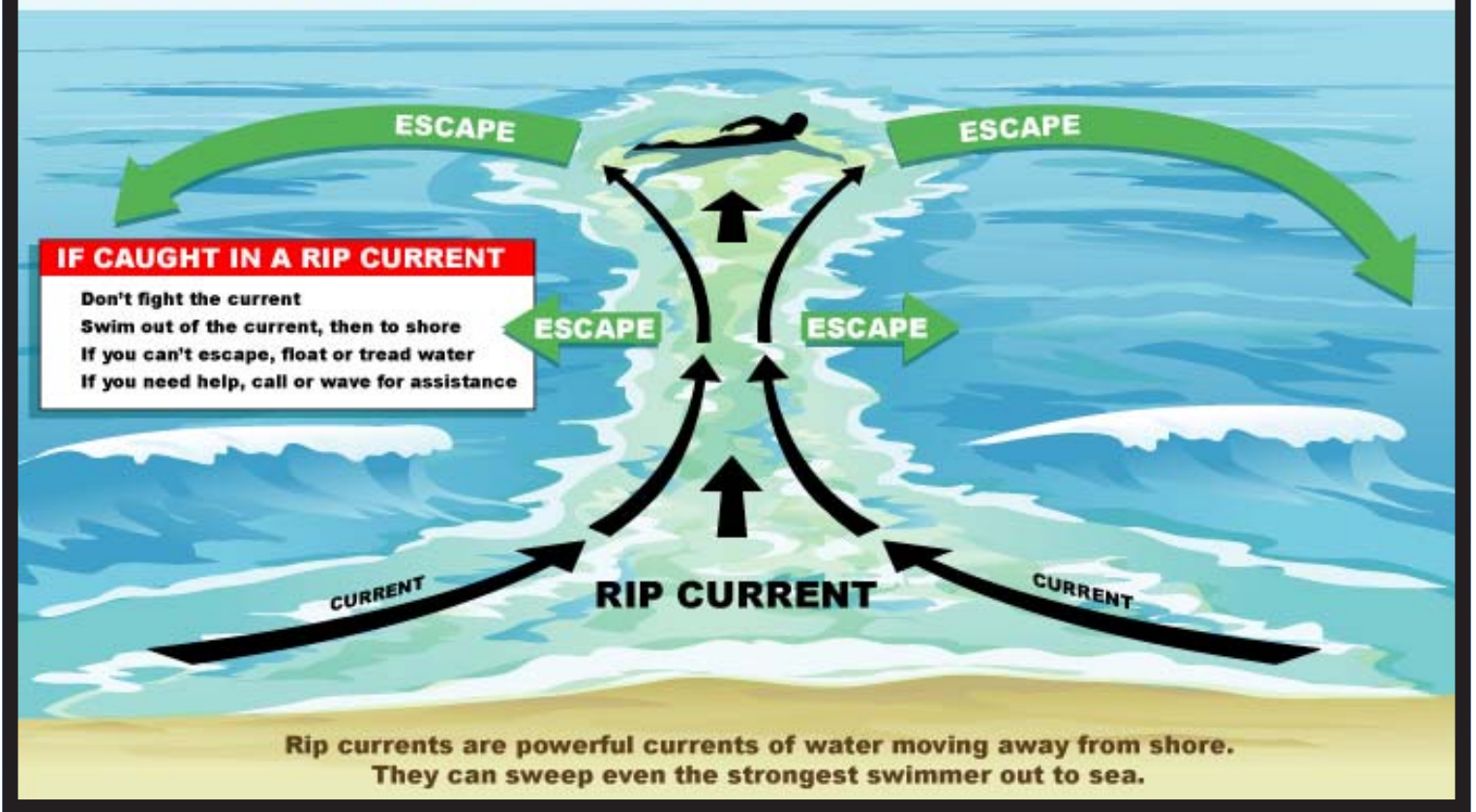


RIP CURRENTS **Break the Grip of the Rip!**



Signs that a rip current may be present

- A break in the incoming wave pattern.
- A channel of churning, choppy water.
- A line of foam or debris moving seaward.
- A difference in water color.

If caught in a rip current

- Stay calm.
- Don't fight the current.
- Swim in a direction following the shoreline (parallel).
- Float or tread water if you're unable to escape by swimming. When the current weakens, swim at an angle (away from the current) toward shore.
- If you cannot reach shore, draw attention to yourself. Face the shore, call or wave for help.

Helping someone else

- Many people have died while trying to rescue others caught in rip currents.
- Don't become a victim yourself. If a lifeguard is not present, shout directions on how to escape the current.
- If possible, throw something that floats to the rip current victim.
- Call 911.