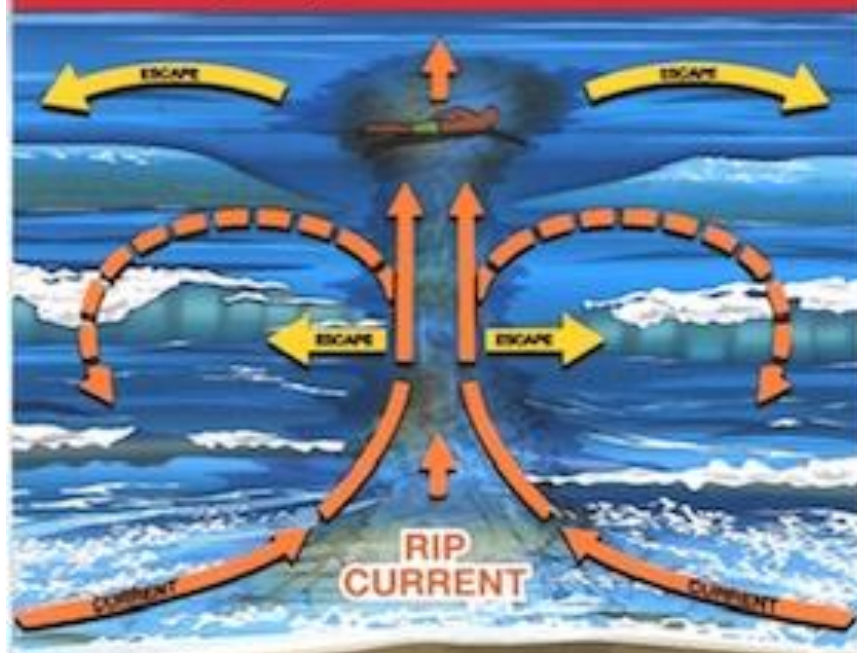


RIP CURRENTS

Rip currents are channelized currents of water moving away from shore at surf beaches.



Rip currents can sweep even the strongest swimmer out to sea.

Safety Tips

- When you arrive at the beach, ask lifeguards about rip currents and other hazards
- Learn to swim
- Swim near a lifeguard
- Never swim alone
- If you can't swim, do not go in
- If in doubt, do not go out
- Assume there are rip currents at any surf beach

How to Escape a Rip Current

- Stay calm—rip currents do not pull you under
- Do not 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, call or wave for assistance

For more information about rip currents:
www.ripcurrents.noaa.gov | www.usla.org/ripcurrents



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& Environment