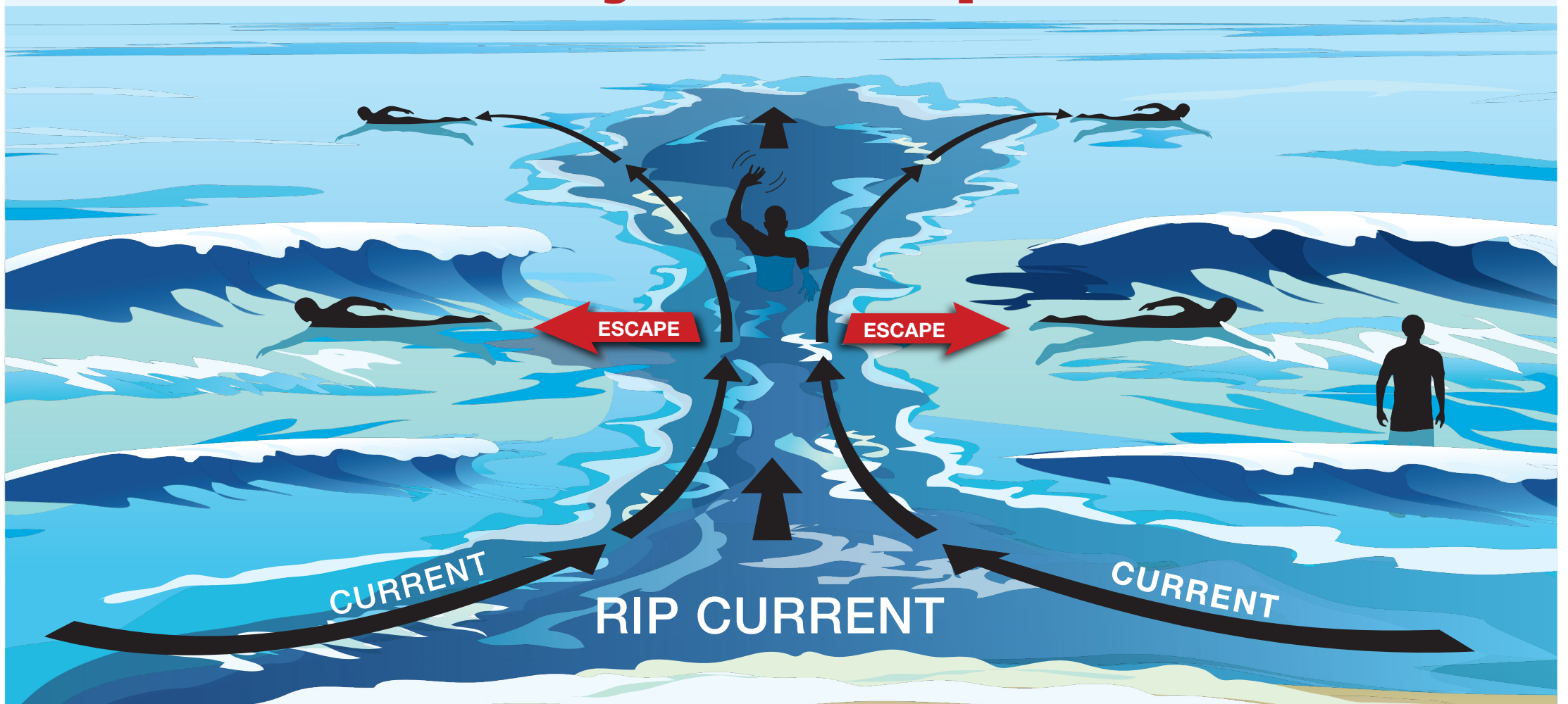


# RIP CURRENTS

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

- ◆ Check rip current forecast for potential risk.
- ◆ Swim near available flotation device.
- ◆ Use flotation device to assist a distressed swimmer.
- ◆ If in doubt, don't go out.

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

[weather.gov/safety/ripcurrent/](https://www.weather.gov/safety/ripcurrent/)

