Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

IF CAUGHT IN A RIP CURRENT
◆ Don’t fight 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

SAFETY
◆ Know how to swim
◆ Never swim alone
◆ If in doubt, don’t go out

More information about rip currents can be found at the following web sites:
www.ripcurrents.noaa.gov
www.usla.org