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