

Rip Currents

A rip current can pull you away from the shoreline (beach). If this happens:

- ✓ Remain calm to conserve energy and think clearly
- ✓ Never fight against the current
- ✓ Swim out of the current in a direction following the shoreline. When out of the current, swim at an angle--away from the current--towards shore
- ✓ If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore
- ✓ If you are still unable to reach shore, draw attention to yourself by waving your arm and yelling for help

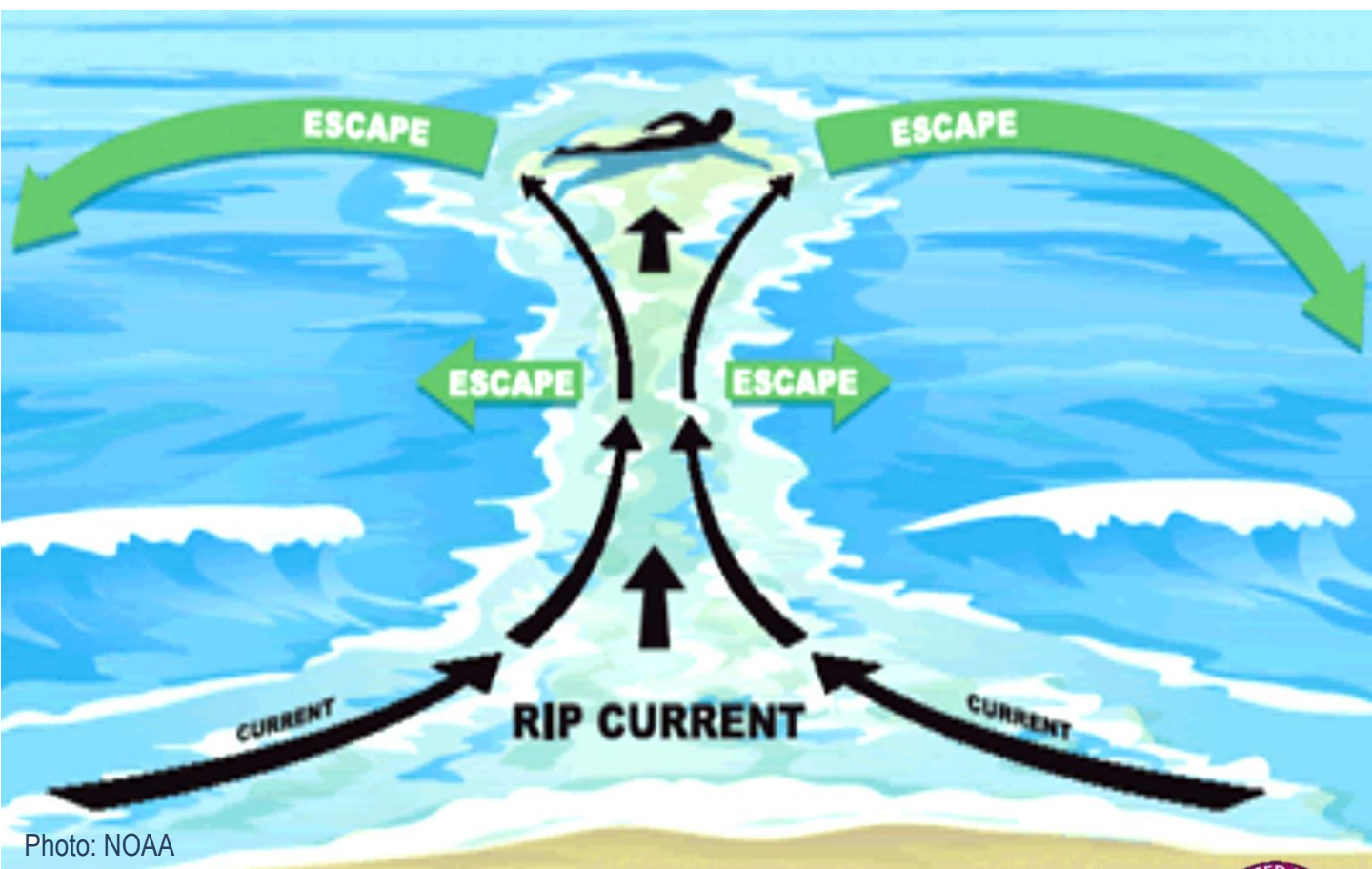


Photo: NOAA