

Rip Current Safety!



1 How to spot a rip

- Deep, dark water.
- Fewer breaking waves.
- Ripples or foam heading out to sea
- Sandbars nearby

2 Caught in a Rip?

- Stay calm
- Don't panic
- Float or tread water
- Raise one arm for HELP!
- Don't swim against the Rip!
- When out of the rip, swim back to the shore

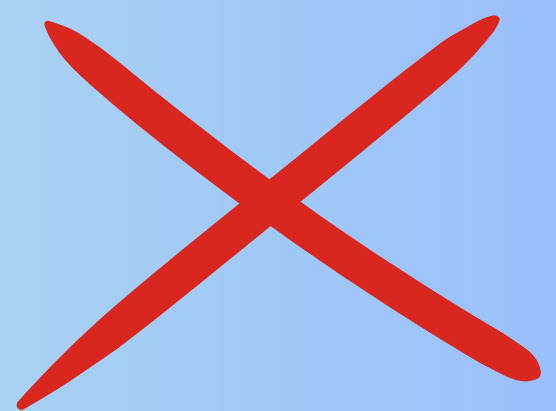
AT THE BEACH

ALWAYS



- **Swim between the flags**
- **Be kind to sea creatures**
- **Slip, Slop, Slap, Seek, Slide**

NEVER



- **Turn your back on the ocean**
- **Swim alone, have a buddy**
- **Dive in unknown water**