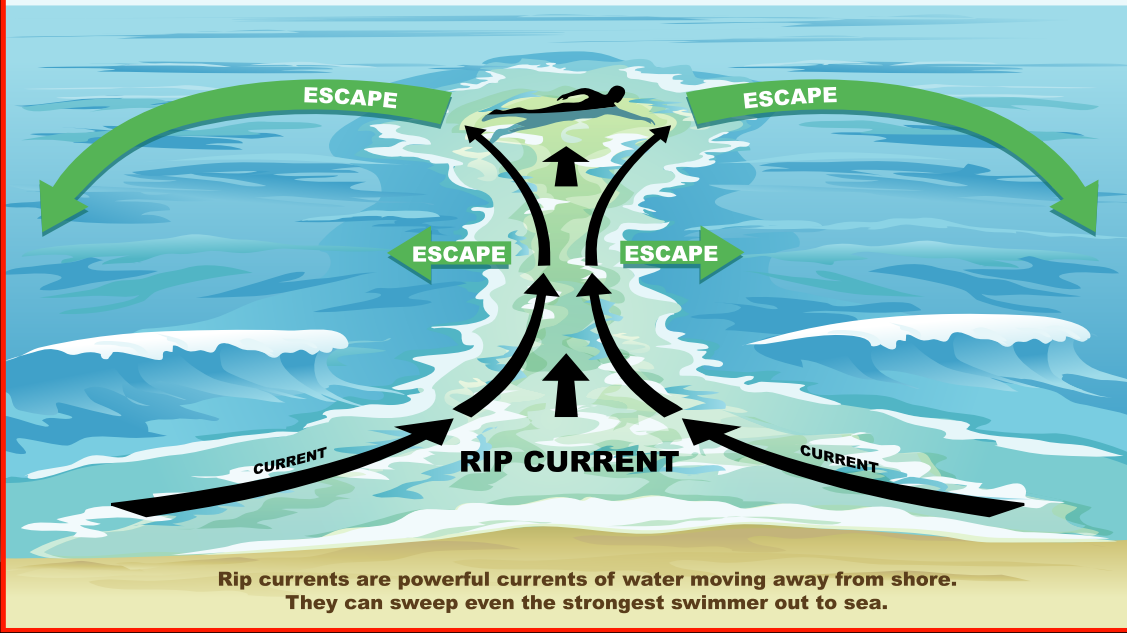


# RIP CURRENTS

## Break the Grip of the Rip!



### 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](http://www.ripcurrents.noaa.gov)  
[www.usla.org](http://www.usla.org)

