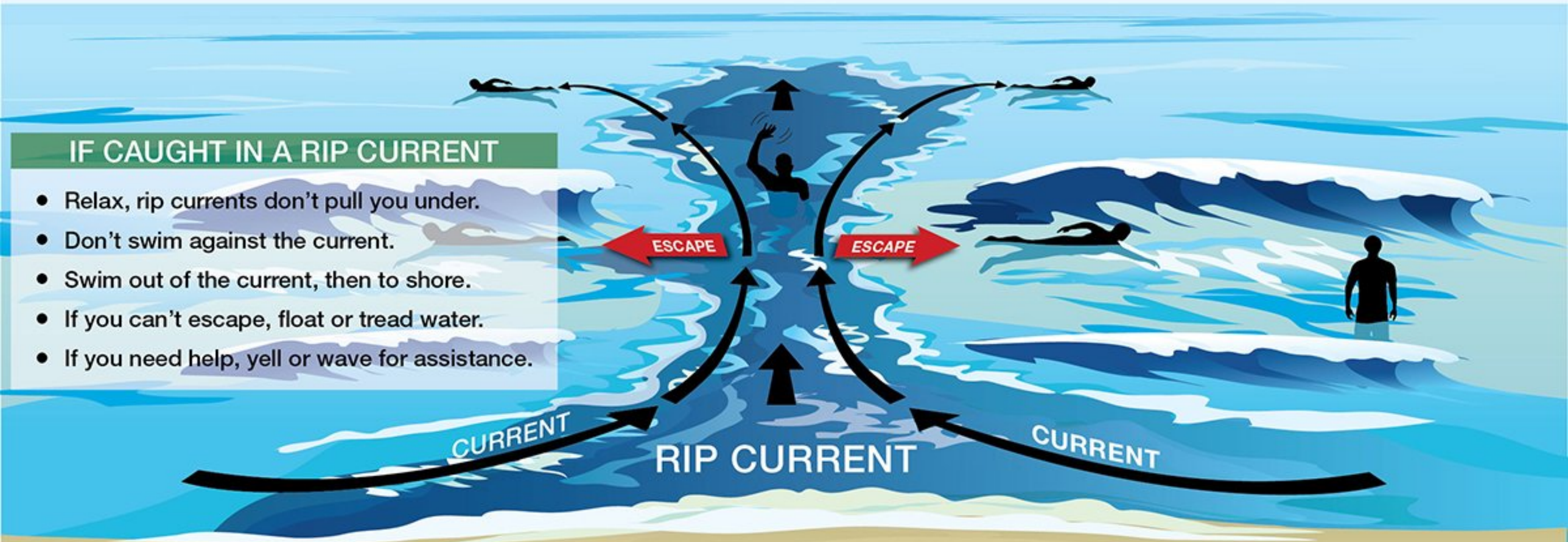
RIP CURRENTS

KNOW YOUR OPTIONS

IF CAUGHT IN A RIP CURRENT

- Relax, rip currents don't pull you under.
- Don't swim against the current.
- Swim out of the current, then to shore.
- If you can't escape, float or tread water.
- If you need help, yell or wave for assistance.



Rip currents are powerful currents of water moving away from shore.
They can sweep even the strongest swimmer away from shore.
If at all possible, swim near a lifeguard.