

Beach Safety/Rip Currents

What is a Rip Current?

Rip currents are channelized currents of water flowing away from shore at surf beaches. They can sweep even the strongest swimmers from shore.

Rip currents typically form near breaks in sandbars and near structures such as jetties and piers.

There are estimated over 100 deaths per year due to rip currents and account for most lifeguard rescues.

How Can you Protect Yourself?

Always swim in an area protected by lifeguards.

Learn to swim in the surf and make sure your children know how.

If caught in a rip current try to get out of it by swimming parallel to the shore.

If you can't escape and need help, draw attention to yourself by yelling and waving.

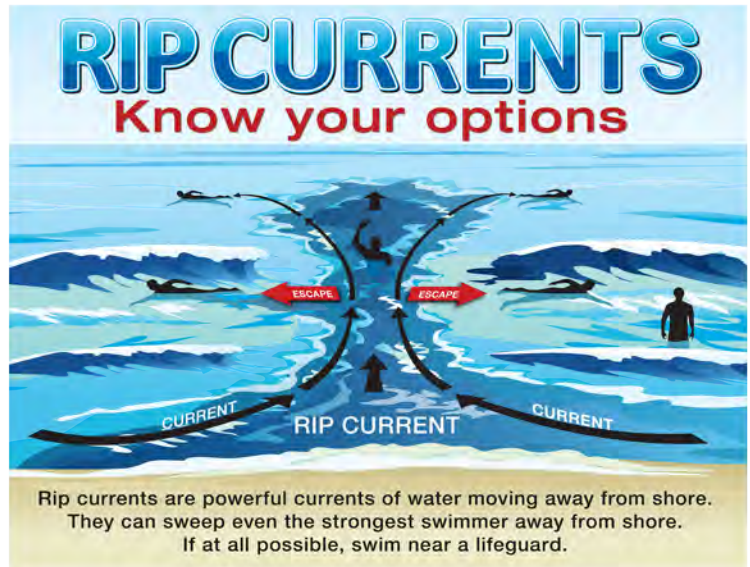
Never swim alone. Always swim near a lifeguard.

For more information:

<https://www.usla.org/page/RIPCURRENTS>

<https://www.weather.gov/safety/ripcurrent>

<https://www.weather.gov/safety/ripcurrent-beach>



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.

SAFETY

- ◆ Know how to swim.
- ◆ Never swim alone.
- ◆ If in doubt, don't go out.
- ◆ Swim near a lifeguard.

More information about rip currents can be found at the following websites:

[weather.gov/safety/ripcurrent/](https://www.weather.gov/safety/ripcurrent/)
[usla.org](https://www.usla.org)



Beach and Water Safety Tips

- **Swim Near a Lifeguard**
- **Learn to Swim**
- **Never Swim Alone**
- **Don't Dive in Headfirst**
- **Obey Warning Signs and Flags**



United States Lifesaving Association
WWW.USLA.ORG