## GURRER **Break the Grip of the Rip!** ESCAPE ESCAPE CURRENT CURRENT RIP CURRENT Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

## 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 www.usla.org



