

# RIP CURRENT SAFETY

Rip currents are powerful currents of water that can sweep even the strongest swimmer away from shore.



- **RELAX**, rip currents don't pull you under.
- **DON'T SWIM AGAINST** the current.
- **SWIM ACROSS**, out of the current, then to shore.
- **FLOAT** or **TREAD WATER** if you can't escape.
- **YELL** or **WAVE** for help if you need assistance.

**SWIM AT YOUR OWN RISK.** No Lifeguard on duty.

