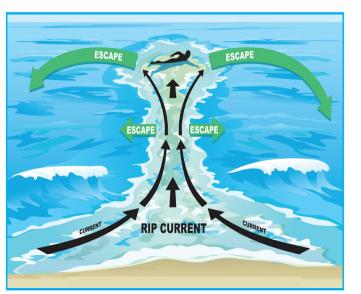
RIP CURRENTS



Recognize Rip Currents

An Area of Unusual Choppiness or Discoloration Strong Currents Moving Away from Shore

Learn how to swim
Always swim near
a lifeguard
Never swim alone
If in doubt, don't go out!



If Caught in a Rip Current Don't Panic

- Don't fight the current
- Swim parallel to shore out of the curent
- If you can't escape, float or tread water
- If you need help, call or wave for assistance