

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 current
- If you can't escape, float or tread water
- If you need help, call or wave for assistance

**Sea Grant**
NJ Sea Grant Consortium

