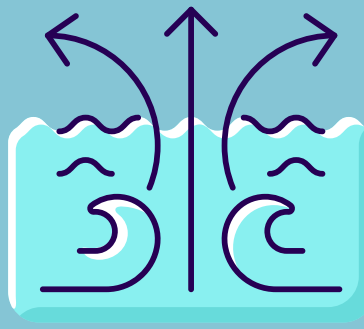


10 Ways to Stay Safe From Ocean Rip Tides



1 Understand Rip Tide Signs:

Learn to recognize the signs of rip tides, such as darker or choppy water, foam or debris moving seaward, or differences in water color.



2 Check Local Conditions:

Rip currents often are more likely to occur in worse more windy weather.

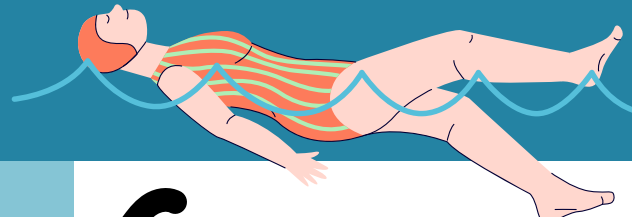
3 Swim Near Lifeguard Stations:

Always swim in areas monitored by lifeguards. They can provide immediate assistance in case of emergencies, including rip-current rescues.



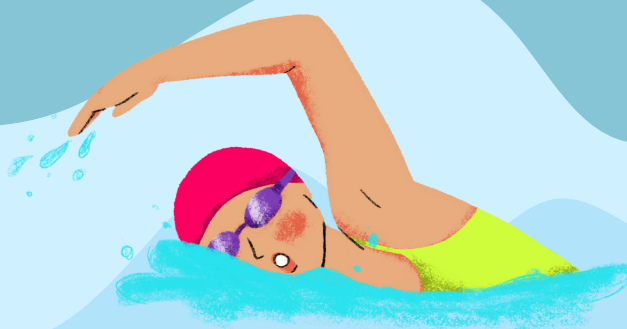
4 Stay calm and Float!:

If caught in a rip tide, stay calm and float. Don't panic or exhaust yourself by trying to swim directly back to shore against the current.



5 Swim Parallel to the Shore:

Instead of fighting the current, swim parallel to the shoreline to escape the narrow pull of the rip tide. Once you're out of the current, you can then swim back to the beach.



6 Signal for Help:

If you're unable to escape the current, signal for help by raising one arm and waving. Yell for assistance and stay afloat until help arrives.



7

Avoid Swimming Alone:

Always swim with a buddy, and keep an eye on each other. In case one person gets caught in a rip tide, the other can seek help or provide assistance.



8

Use Floatation Devices:

If you're not a strong swimmer or are uncertain about ocean conditions, use approved floatation devices such as life jackets to enhance your safety.



9

Educate Yourself:

Take a water safety and ocean awareness course to learn more about rip currents and how to respond in emergencies.

10

Teach Children Water Safety:

Educate children about the dangers of rip currents and teach them how to identify safe swimming areas. Always supervise children closely near the water.



Remember, prevention and awareness are crucial for staying safe in the ocean. Being informed and prepared can significantly reduce the risks associated with rip tides.

