

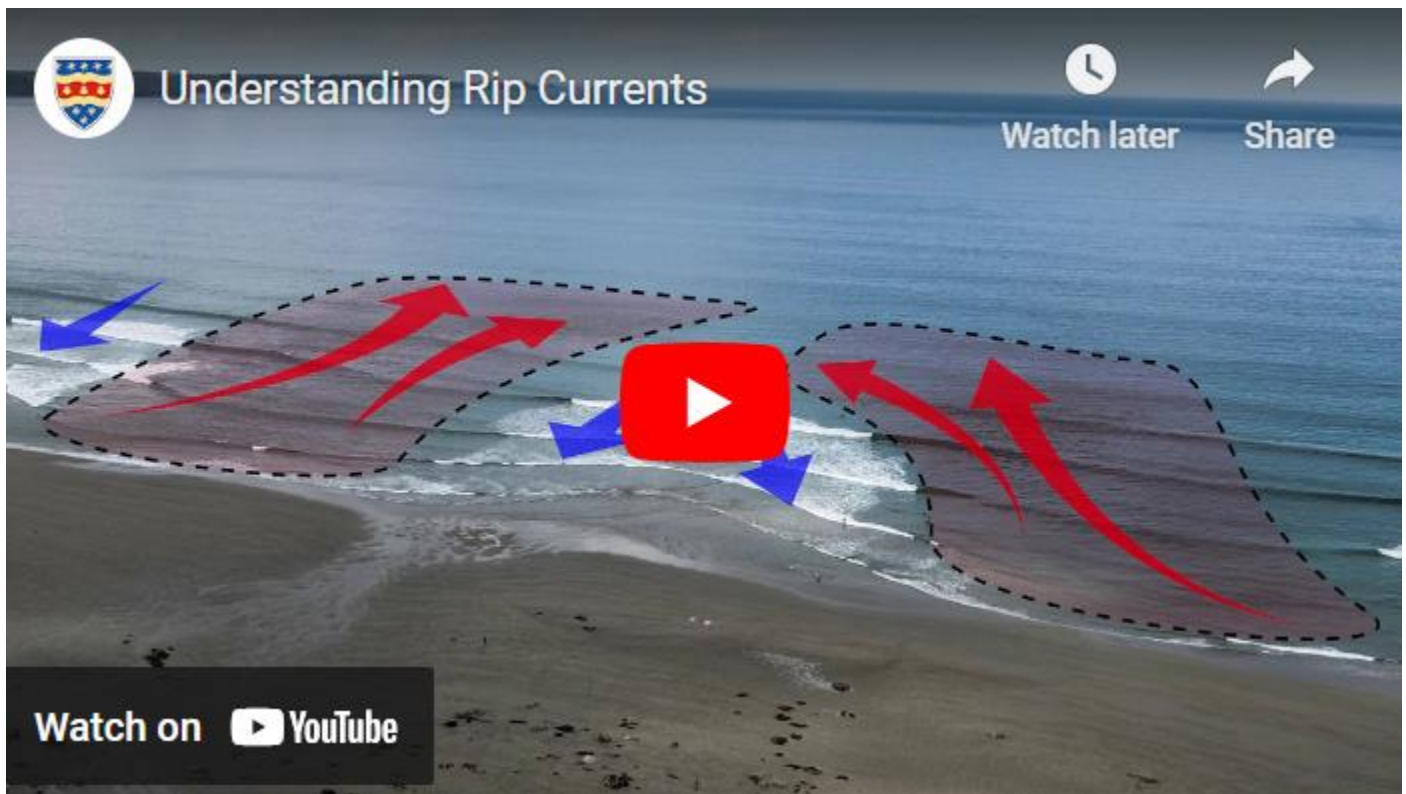


## RIP CURRENTS - RESOURCES & BEST PRACTICES

The [National Weather Service \(NWS\)](#) offers numerous resources to educate the public on the dangers associated with rip currents. NWS encourages state and local governments, municipalities, beachfront organizations, chambers of commerce, and all others to download and print any of the materials. Your agency is permitted to include your logo or name.

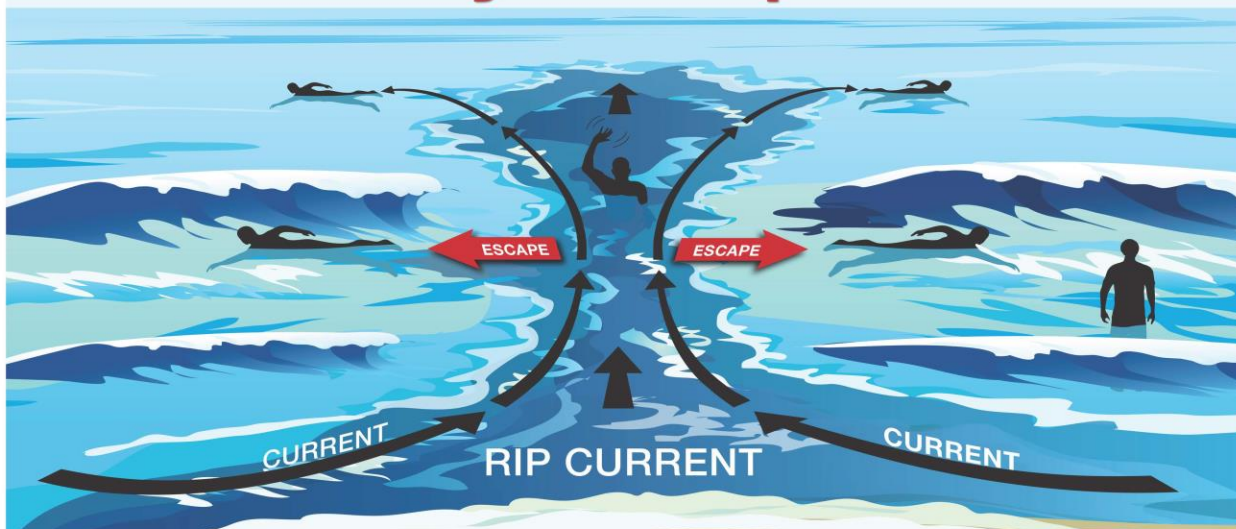
A best practice is to post the infographic at all beach entrances throughout the year to educate the public on rip currents and to help prevent a drowning incident.

The life-saving message was vetted by a team of meteorologists, coastal scientists, and lifeguards and may **NOT** be altered. Break the Grip of the Rip® is trademarked. Please review the [NWS's Policy](#) before using signs or other materials with this protected wording.



# RIP CURRENTS

## Know your options



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer away from shore. If at all possible, swim near a lifeguard.

### IF CAUGHT IN A RIP CURRENT

- ◆ Relax, rip currents don't pull you under.
- ◆ Don't swim against the current.
- ◆ Swim out of the current, then to shore.
- ◆ If you can't escape, float or tread water.
- ◆ If you need help, yell or wave for assistance.

### SAFETY

- ◆ Know how to swim.
- ◆ Never swim alone.
- ◆ If in doubt, don't go out.
- ◆ Swim near a lifeguard.

More information about rip currents can be found at the following websites:

[weather.gov/safety/ripcurrent/](http://weather.gov/safety/ripcurrent/)  
[usla.org](http://usla.org)

