



RIP TIPS

- ➡ Choose a lifeguard-protected beach
- ➡ Check weather & rip current forecasts
- ➡ Always swim with a buddy

IF YOU GET CAUGHT IN A RIP CURRENT:

- 1. Stay calm, do not panic.*
- 2. Float or tread water until current weakens.*
- 3. Swim parallel to the shore.*

FOR MORE INFO: USLA.ORG/RIPCURRENTS OR RIPCURRENTS.NOAA.GOV