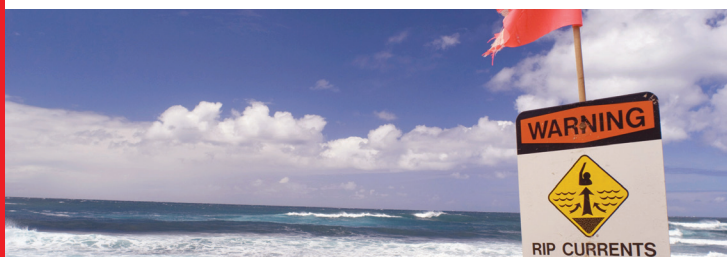


A Guide to Rip Current Safety



What is a Rip Current?

A rip current is a narrow stream of water moving quickly away from the shore. Rip currents typically extend from the shoreline, through the surf zone, and past the line of breaking waves. Rip currents are present daily and occur most often during low tide.

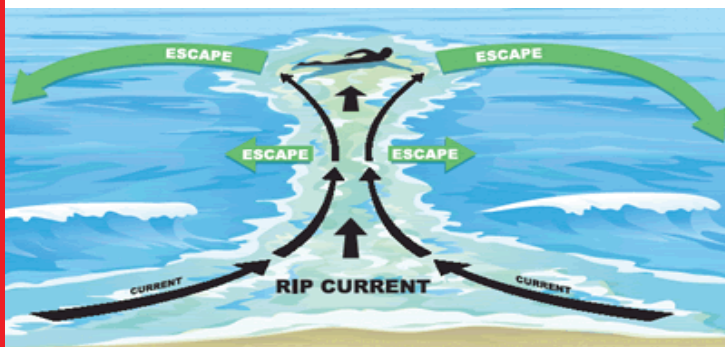
When at the Beach

- Check the latest National Weather Service forecast for local beach and surf conditions.
- Talk to a lifeguard or beach patrol about water conditions before going swimming in the surf.
- Obey warnings represented by colored beach flags:



GET A PLAN!
FLGetAPlan.com
Florida Division of Emergency Management

If You Are Caught in a Rip Current



- **DON'T PANIC!**
- **NEVER** swim against the rip. Stay afloat and signal for help.
- To escape the current, swim parallel to the shoreline if you are able.
- When out of the current, swim at an angle towards the shore.
- If you are unable to swim out of the current, float or calmly tread water.
- Draw attention to yourself: face the shore, wave your arms, and yell for help.

If you see someone in trouble, don't become a victim too!

- Do not swim to the victim.
- Notify a lifeguard immediately.
- If there is no lifeguard, call 9-1-1.
- If you are able to reach the victim safely, throw them something that floats such as a lifejacket or inflatable balls.
- Yell instructions on how to escape.

For more information on rip current safety, visit:

www.FLGetaPlan.com

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