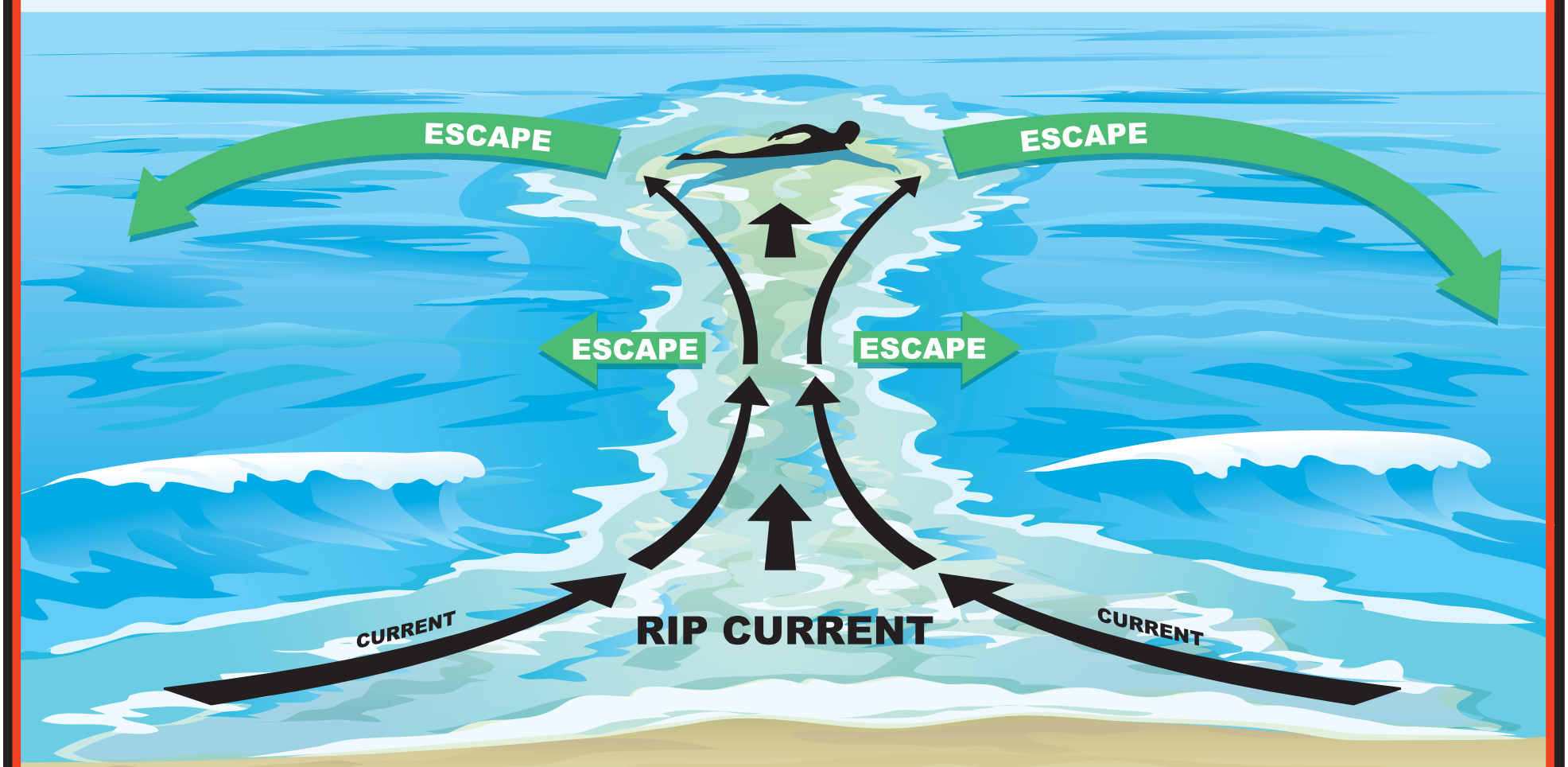
RIP CURRENTS

Break the Grip of the Rip!™



Rip currents are powerful currents of water moving away from shore.
They can sweep even the strongest swimmer out to sea.

IF CAUGHT IN A RIP CURRENT

- Don't fight the current
- Swim out of the current, then to shore
- If you can't escape, float or tread water
- If you need help, call or wave for assistance

SAFETY

- Know how to swim
- Never swim alone
- If in doubt, don't go out

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

www.ripcurrents.noaa.gov
www.usla.org

NOAA
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION
U.S. DEPARTMENT OF COMMERCE

UNITED STATES LIFESAVING ASSOCIATION
USA

Sea Grant
North Carolina