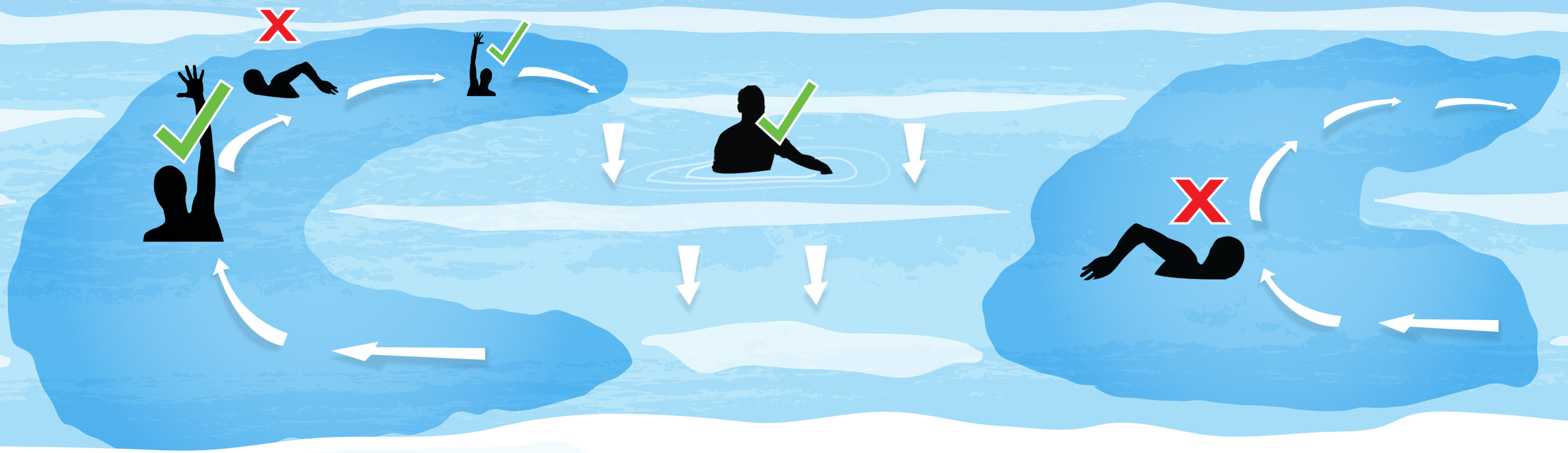


# RIPS

## FLOAT, RELAX and SAVE YOUR LIFE.

- A rip is a current that flows away from the beach, mostly in a circular motion within the surf break.
- To survive - STOP swimming, STOP fighting the rip, float with the rip toward the waves.



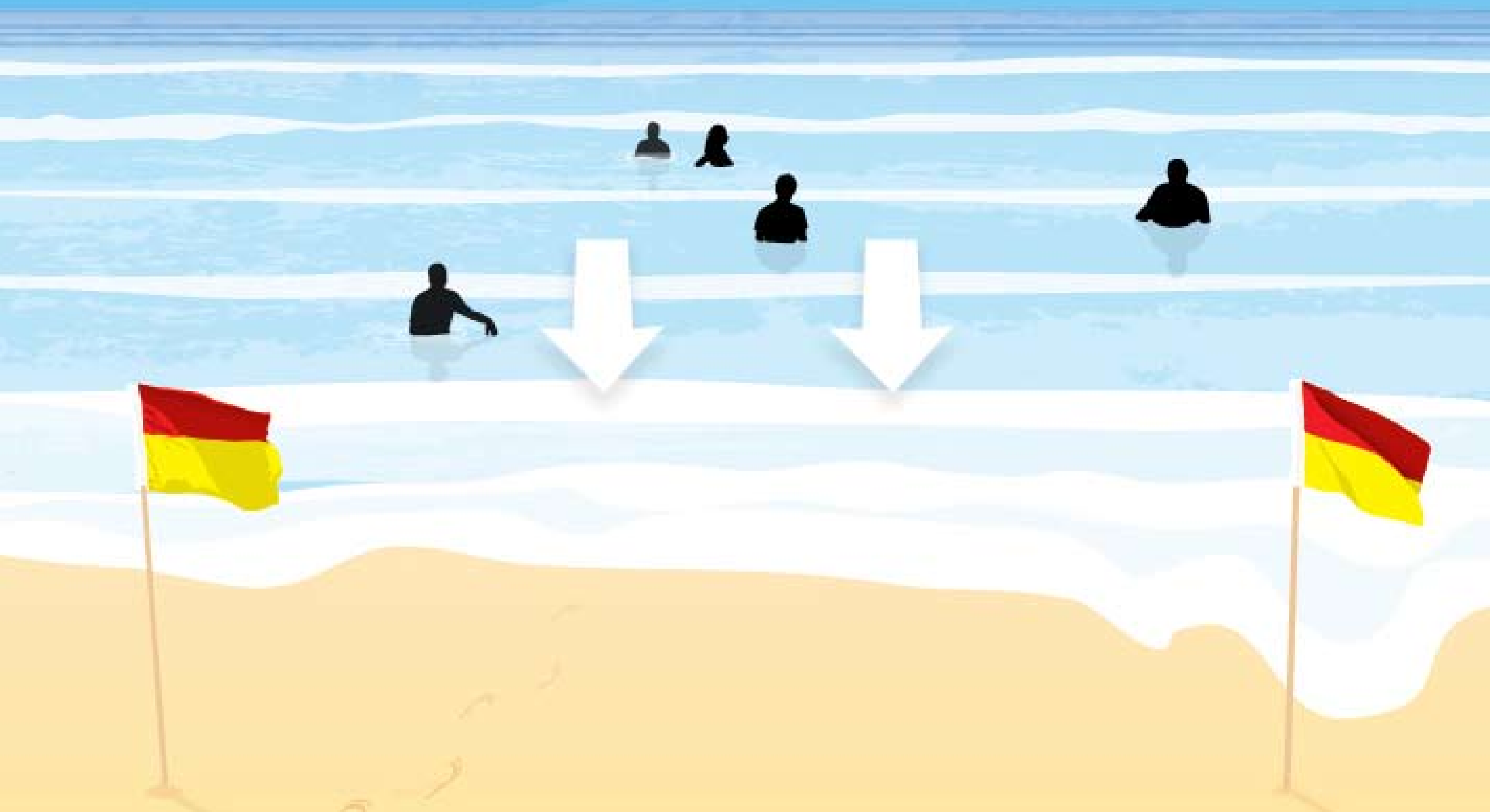
**SPOT A RIP** - You will usually find rips in deeper water channels running near the shore and circulating back to a shallower sandbank where the waves are breaking toward the beach. Rips are often used by surfers to paddle out to the waves but can be challenging for inexperienced surf swimmers.

**SURVIVE** - Panic and swimming against the rip is exhausting and causes drowning. Keep your head above water and float with the rip, you should end up in the waves that will push you back toward the beach. If you require help - call and wave, but always conserve your energy especially if there is no assistance.

# SURF SAFETY TIPS

If you swim at a surf beach where waves are breaking, always swim between the “red & yellow flags” within view of lifeguards.  
If you choose to swim at a surf beach outside of the “red & yellow” flags or at an unpatrolled location – **YOU ARE TAKING A RISK.**

**If you take this risk, please consider the following:** You are in great danger if you are unable to float well enough to survive, or if there are no surfers in the area to assist should you get in trouble. Find a location that looks like (or resembles) this diagram.



**Waves break in shallow water** becoming whitewater. Where whitewater is traveling all the way to the beach – this will also push swimmers back to the shore. If waves are breaking in a consistent manner (the whitewater is parallel, it continues until it reaches the shoreline, and there are no deeper holes where the whitewater stops), then there are no visible rips traveling back out. **This area will be the best option to swim safely.**