

RIP CURRENTS

Understanding and protecting yourself

Rip currents are formed when the tide rises.

This is the result of the waves and the current forming a depression of varying size and depth.

What to do if you're caught in a rip current?



Swim sideways on the beach to exit the bay



Report your situation to say you need help



Keep calm



ECOGESTURES

Collecting waste



Use eco-friendly products

Respect protected areas

How do they form?

RIP CURRENTS

KNOW YOUR OPTIONS

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.

CURRENT

RIP CURRENT

CURRENT

