KNOW HOW TO ESCAPE A RIP CURRENT

FLIP
STAY CALM LOOK AROUND YOU
FLIP TO YOUR BACK
SIGNAL FOR HELP IF YOU ARE ABLE

FLOAT
KEEP YOUR HEAD ABOVE WATER
REMAIN CALM

FOLLOW
LAY YOUR BODY ALONGSIDE THE SHORE
UNTIL YOU REACH AN AREA FREE OF THE CURRENT
BE SAFER IN OPEN WATER: NO ONE IS DROWNPROOF

NEVER SWIM ALONE
- Swim on life-guarded beaches
- Know your swimming skills!
- **ALWAYS** wear Coast Guard approved life jackets in boats and open water

BEWARE OF WATER HAZARDS
- Don’t jump from cliffs or bridges! Know the water depth!

HAZARDS:
- Rocks, Underwater plants, Glass, Branches

KNOW YOUR SWIMMING ABILITY
- Never swim alone
- Resist peer pressure
- Don’t swim beyond your abilities

KNOW WHAT WARNING FLAGS MEAN

- **DOUBLE-RED** Water closed to public
- **RED** High Hazard
- **YELLOW** Medium Hazard
- **GREEN** Low Hazard
- **PURPLE** Dangerous Marine Life