Rip Current Safety

A poster on rip currents from National Weather Service advice: how to spot one, how to escape (relax, float, swim along the shore), and how to help someone.

Scan for the web page, sources and downloads

Poster · For parents, teens, adults, teachers

Rip currents pull you **away from shore, not under.**

Spot it: darker water, a gap where waves aren't breaking, foam or seaweed moving out.

8 feet per second

is how fast rip currents can move: faster than an Olympic swimmer (NOAA).

Source: oceanservice.noaa.gov https://oceanservice.noaa.gov/facts/ripcurrent.html

Caught in one?

1. Relax. Don't swim against it.
2. Swim along the shore, then back in.
3. Can't? Float or tread water.
4. Yell and wave for help.

Someone else? Get a lifeguard or call 911. Throw something that floats. Don't go in.

What you can do today: practice the steps in how to escape a rip current.

Sources

1. Social Media: Rip Currents & Beach Hazards, National Weather Service. https://www.weather.gov/wrn/rip-currents-sm
2. Rip current safety ahead of the July 4th weekend, National Weather Service. https://www.weather.gov/news/232606-ripcurrent-safety
3. What is a rip current?, NOAA National Ocean Service. https://oceanservice.noaa.gov/facts/ripcurrent.html
4. Gulf Coast Rip Current Awareness, National Weather Service Tallahassee. https://www.weather.gov/tae/ripcurrentawareness

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