

RIP CURRENTS. DON'T GET CAUGHT OUT.

Rips are strong currents running out to sea that can easily take swimmers from shallow water out beyond their depth. They are responsible for a number of drownings each year. Rip currents are particularly powerful in larger surf, but can also be found around river mouths, estuaries and man-made structures like piers and groynes.

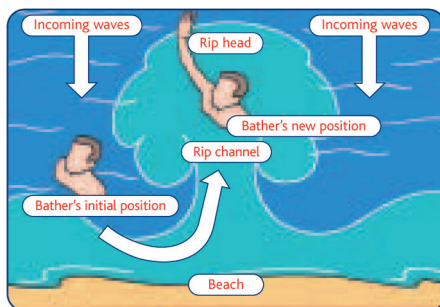
Spotting a rip current.

It's not easy to identify a rip current, but here are some common signs to look out for:

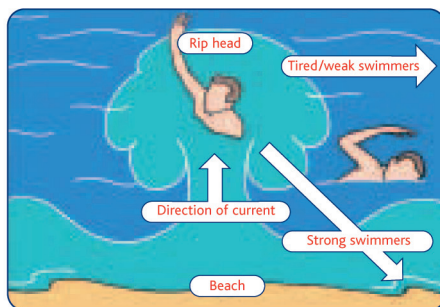
- Discoloured, brown water (caused by sand being stirred up from the seabed).
- Foam on the water's surface.
- A break in the surf line where the waves are not as big.
- Debris floating out to sea.
- A rippled patch of sea, when the water around is generally calm.

Getting out of trouble.

- The most important thing is to remain calm and try not to panic.
- Keep hold of your body board, surfboard or inflatable and don't fight the rip current.
- Signal to someone on the beach that you need help by raising your hand and shouting for help.
- Try and swim parallel to the beach until you are out of the rip current, then swim towards the shore.
- Never try and swim directly towards the shore against the rip current.
- If you can stand up, wade instead of swimming.



Person caught in rip



Person escaping from rip

REMEMBER: try not to panic if you encounter a rip current, it will only make you more tired and reduce your ability to reach safety.

To find out more about beach safety visit
rnli.org.uk
or call 0800 328 0600.

Beach
Lifeguards

