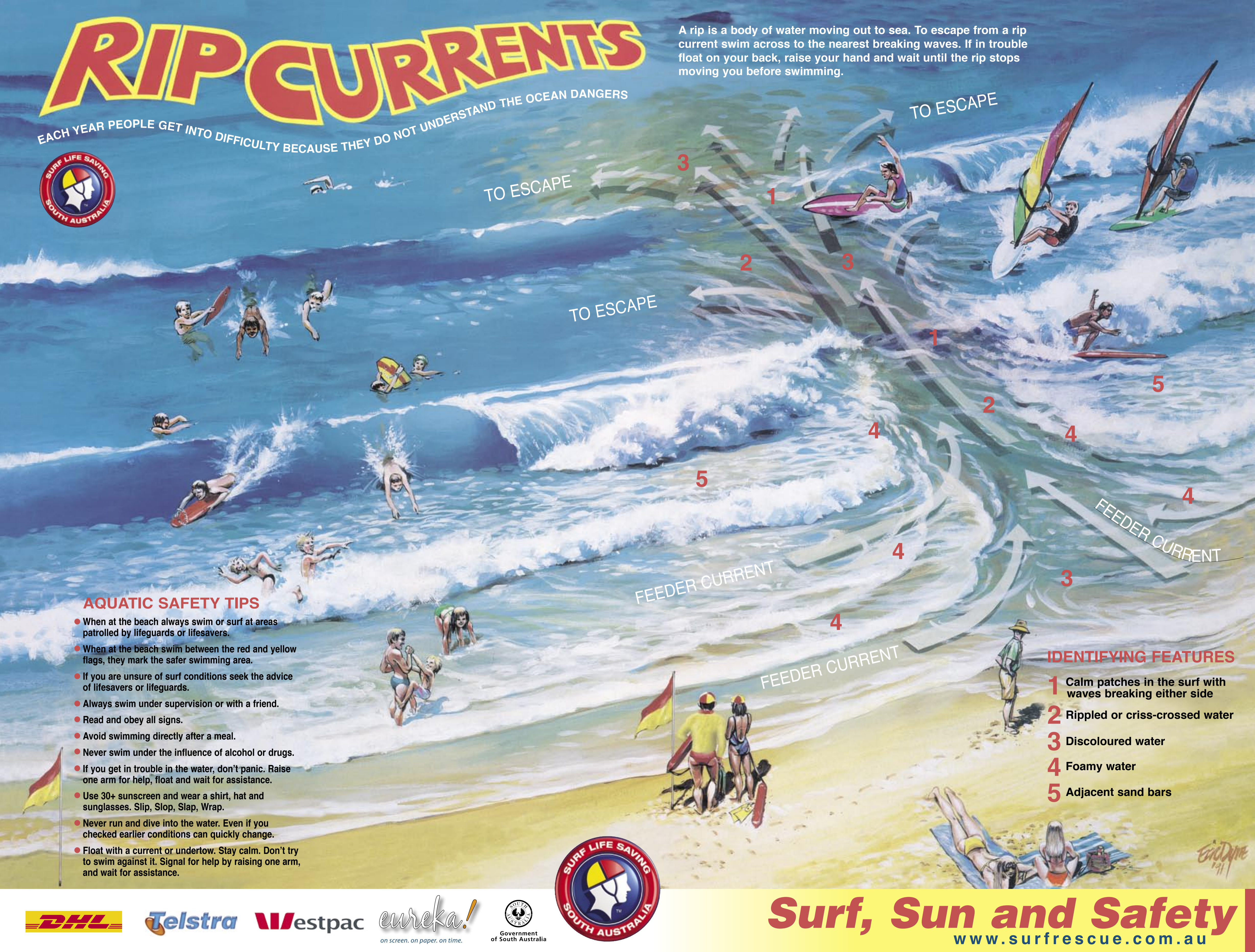


RIP CURRENTS

EACH YEAR PEOPLE GET INTO DIFFICULTY BECAUSE THEY DO NOT UNDERSTAND THE OCEAN DANGERS



A rip is a body of water moving out to sea. To escape from a rip current swim across to the nearest breaking waves. If in trouble float on your back, raise your hand and wait until the rip stops moving you before swimming.



AQUATIC SAFETY TIPS

- When at the beach always swim or surf at areas patrolled by lifeguards or lifesavers.
- When at the beach swim between the red and yellow flags, they mark the safer swimming area.
- If you are unsure of surf conditions seek the advice of lifesavers or lifeguards.
- Always swim under supervision or with a friend.
- Read and obey all signs.
- Avoid swimming directly after a meal.
- Never swim under the influence of alcohol or drugs.
- If you get in trouble in the water, don't panic. Raise one arm for help, float and wait for assistance.
- Use 30+ sunscreen and wear a shirt, hat and sunglasses. Slip, Slop, Slap, Wrap.
- Never run and dive into the water. Even if you checked earlier conditions can quickly change.
- Float with a current or undertow. Stay calm. Don't try to swim against it. Signal for help by raising one arm, and wait for assistance.

IDENTIFYING FEATURES

- 1 Calm patches in the surf with waves breaking either side
- 2 Rippled or criss-crossed water
- 3 Discoloured water
- 4 Foamy water
- 5 Adjacent sand bars



Surf, Sun and Safety
www.surfrescue.com.au