

RIP CURRENTS



A rip is a strong current running out to sea on a surf beach. It can easily take swimmers from shallow water up to several hundred metres offshore.

WHAT TO DO IF CAUGHT IN A RIP?

Remember the safest place to swim is between the red and yellow flags.

If you are caught in a rip obey the three 'R's':

- **RELAX:**
Stay calm and float, do not swim against the current swim across it.
- **RAISE:**
Raise an arm to signal for help.
- **RESCUE:**
Float and wait for assistance. Do not panic - people drown in rips because they panic. Obey directions from the rescuer.

Swim only on patrolled areas, if in doubt check with the duty lifesaver or lifeguard about to conditions at your local beach.

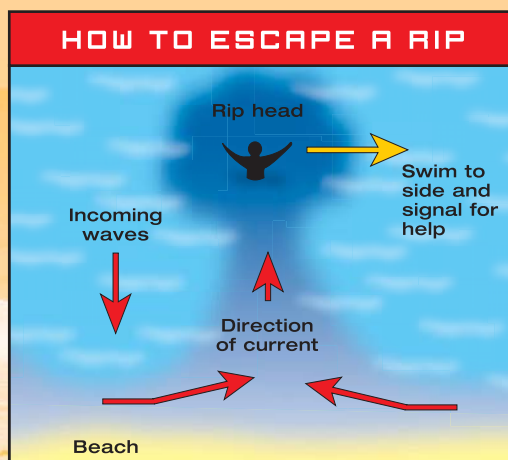
For further information please contact Surf Life Saving Queensland on (07) 3846 8000



SPOTTING A RIP

Identifying a rip can be very difficult. The following are common signs of the various types of rip currents:

- Murky brown water, caused by sand stirred up by the water movement.
- Foam on the surface and extending beyond the break.
- Waves breaking on both sides of the rip, but not inside the rip.
- A choppy, rippled effect on the surface of the water.
- Water often appears darker, indicating deeper water.



Stick your hand up for help.

S

Get a friend to swim with you.

G

Ask a lifesaver for some good advice.

A

Look at the safety signs.

L

Find the flags and swim between them.

F